HAMILTON ORTHODONTICS

Retainers

Congratulations on your awesome new smile! We have worked hard to get to this point.

Retainers are the next phase of treatment. Retainers are very important to maintain the hard work and time that you have invested and to hold the teeth in their corrected position. For NINE MONTHS TO ONE YEAR you will continue periodic visits to our office to check your retainers for correct fit and excessive wear and tear. Please remember to bring your retainers to these appointments.

Some things to remember:

- Retainers are to be worn full time for the first three months except when eating, brushing, and drinking anything other than water.. After that, you will need to wear your retainers at night for the rest of your life. Nighttime for a Lifetime! Your teeth look great now but will shift unless you wear your retainers as instructed.
- You should clean your retainers with our recommended ultrasonic cleaners or brush your retainers with a soft toothbrush, non-abrasive soap, and warm water to keep them clean.
- When you are not wearing your retainers, please keep them in their case away from heat, hot water, or direct sunlight as they can distort. Do not leave them in a hot car or try to sterilize them at home. Retainers wrapped in napkins, paper towels, etc. tend to look like trash and get thrown away. Keep your retainers out of reach of your pets…Dogs love to chew on retainers!

If you stop wearing your retainers, movement of your teeth will occur. Please call our office immediately if you have a lost or broken retainer, had dental work performed that changes the fit, or if a bonded retainer comes loose. A FEE WILL BE CHARGED FOR THESE NEEDED REPLACEMENTS AND REPAIRS.

- Now that your braces have been removed, please schedule an appointment with your dentist for a complete check-up and cleaning.

There are a variety of retainers that we prescribe depending on your individual needs.

- Invisible Retainers: These retainers are easily misplaced because they are clear, so when they are not in your mouth, they should always be in their case. Retainers should be removed to eat and drink with the exception of water. Do not drink soft drinks while wearing invisible retainers because the acid and sugar becomes trapped against your teeth and quickly causes decalcification and decay. Invisible retainers can be used as bleaching trays.
- Bonded retainers: These are wires bonded to the back of your teeth to prevent movement. These wires can become loose if you eat things that are too hard or sticky. If a pad becomes loose, let us know as soon as possible to prevent any unwanted tooth movement. There will be additional charges to repair any bonded retainers that have been in place for longer than 6 months. It is very important to floss around bonded retainers as they trap plaque and debris. Floss threaders are necessary to keep bonded wires clean. Long term maintenance of your bonded retainer is critical to ensure your teeth stay aligned and healthy so be sure to have your dentist or hygienist ensure it is in a good state of repair at your regular visits.

Thank you for choosing Hamilton Orthodontics to help create your beautiful smile!

The best way to let us know you are pleased with your result is to REFER YOUR FAMILY AND FRIENDS to our office.