

CENTURY ORTHODONTICS

OUR THIRD CENTURY OF ORTHODONTIC EXCELLENCE

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RETAINERS-LAST BUT NOT LEAST

Retention is the final part of your orthodontic treatment. Your retainer stabilizes the teeth in their final positions while supporting bone and gums adapt.

Once your teeth are settled in place, your retainer keeps them there; otherwise, they might slip back (relapse) toward their old position.

FIVE RULES:

1. **At first, wear your retainer all day and all night**, except for eating and brushing. We will tell you when you may reduce wearing time, but wear your retainer exactly as we instruct.
2. **Bring it to each appointment**, even if you are wearing it only at night.
3. **Keep your retainer CLEAN**. After each meal, gently rinse or brush your retainer and brush your teeth. A denture cleaner such as Efferdent can be used but soak no longer than two minutes. After a cold or throat infection you may “sterilize” the retainer by using a Listerine or hydrogen peroxide soak (no more than 1 hour)...**DO NOT BOIL!**
4. **No chewing gum** please-it sticks to the plastic.
5. Never leave your retainer out of your mouth except in its case. **Do not leave it lying around** or wrapped in tissue. It could get lost or thrown away. **Never clean it in hot water (dishwasher, etc.)** or near a hot surface; it could change shape and no longer fit. One final warning! **Dogs love to chew retainers** as the saliva on them makes them smell like an old bone.



NOTE...

Your retainer should fit comfortably and snap in securely. If it doesn't, let us know immediately! It won't be broken or lost if it's worn correctly. Remember that it is delicate and expensive to repair or replace. These appliances are guaranteed for 12 months, however have an average life span of 5-20 years. Current replacement charge is \$225.

A FINAL WORD

Hope you're proud of the way your teeth are looking. We are! So make sure you get back to see your dentist and have them checked and cleaned every 6 months.