

## Retainers



Congratulations on completing the active portion of your treatment! Retention is a very important part of orthodontic therapy. Retainers are now used to stabilize the teeth as the mouth, jaw bones, muscles and gums adapt to the new tooth positions.

### Why should I wear my retainers?

When attachments are removed and you are done with treatment, teeth exhibit a tendency to move. These post-treatment changes are best prevented by prompt insertion of retainers. Even with retainer in place, teeth can sometimes move and the mouth can change. Therefore, it is very important to wear retainers as instructed and keep retainer appointments. **Your retainer should be brought to all retention appointments.**

### When should I wear my retainers?

Retainers should be worn **FULL TIME** for the next **\_\_\_ weeks** after your attachments are removed. Just take them out to eat and brush. Then begin a half on, half off wear schedule (**12 hours out of the 24 hour day**).

- Once Dr. Cooney is done monitoring you (approximately 1 year), we will recommend that you wear your retainers on a consistent nightly basis to maintain your alignment.

**Retainers are recommended to be worn night-time for lifetime (They are pajamas for your teeth! 😊)**

### Care of retainers

- Three easy steps to keep your retainers clean:
  - Always rinse your retainers in cool water when you take them out of your mouth before placing them in the retainer case (luke warm/hot water can distort them, causing them to not fit properly).
  - Just like your aligners, you can brush the insides and outsides of your clear retainers.
  - You can also wash your retainers with liquid dish soap and a Q-tip to get into the grooves of your retainers.
- Make sure to store retainers in your case when they are not in your mouth. Keep your case away from any pets (yours, friends & relatives) as they will chew through the case to get the retainers!

### How do my retainers differ from my aligners?

Your new retainers are made of a different plastic than your aligners. Due to this fact, the retainers will fit different and feel different in your mouth. The retainers are made to be more durable so they are long lasting unlike the aligners. Because this plastic is less flexible, when you begin stabilizing you may experience some pain and discomfort as your teeth get used to the stronger material. This discomfort is completely normal and should subside within a few days.

### If any problems occur...

If there are any questions or problems with the retainers, please do not hesitate to call. Retainers that do not fit properly can be potentially harmful to the teeth and mouth. Broken or lost retainers will necessitate an additional charge. A replacement fee is due when the new retainer is placed.