

Retainer Instructions

___ Bring your retainers to **every** appointment.

___ **Wear your retainer full time** (until otherwise indicated by Dr. Erdell)! You must remove them to brush, eat, drink anything but water and play sports but need to wear them at any other times.

___ Keep your retainers clean by brushing them with hand or dish soap. You can use denture cleanser once a week to keep them clean and minty fresh. Brush your teeth before placing the retainers. **Retainers that are not kept clean or are placed on teeth that are not clean can cause cavities and gum disease.**

___ For most patients, speech will be completely normal in two or three days with retainers in place.

___ Always put your retainers in the case whenever they are not in your mouth. Do not wrap in a napkin or put it in your pocket. That is the number one cause of lost and broken retainers.

___ Keep your retainer out of reach of dogs and other pets. They love to chew on retainers, so keep it in a safe place.

___ Always seat your retainers with your fingers. Never bite them into place or flip them with your tongue. Clicking retainer in and out of your mouth will cause the retainer to break.

___ Keep retainers away from heat sources like: hot water, car glove compartments, dishwasher, etc.

___ Remember that as we mature out teeth shift; Even people that have never had braces. Your retainers will help in keeping your teeth properly aligned.

___ If you are unable to wear your retainer, or you lose or break it, please contact the office immediately at (925) 946-1951 to schedule an appointment.

___ Typically retainers will be checked at 3 months, 6 months, and 18 months starting from the date active treatment is finished. Any additional checks after these 3 checks or after 18 months after completing active treatment are subject to our office visit fee.

___ If a patient loses or breaks their retainer, there is a replacement fee that starts at \$325.00 per retainer. Contact us immediately if this happens because relapse can happen within a couple of days!

I, as the patient/responsibility party, understand the importance of wearing the retainers as prescribed by the orthodontist and the importance of having the retainers checked. I understand that if the retainers aren't worn as prescribed the orthodontist, the result obtained at the time the active treatment ended will most likely be compromised.

Signature

Date