



# Pediatric Dentistry & Family Orthodontics

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## YOUR NEW RETAINERS AND YOU

Congratulations! You have successfully completed the most dramatic changes your smile has ever seen. It is now time to maintain your smile in its present state. Your new retainers are an important aspect of your orthodontic treatment. Your teeth have been moving to their current position for a long time. It is important to hold them while the bones and gums adjust to their new positions. This will take at least one year, and in order to maintain your smile, **YOU MUST WEAR YOUR RETAINERS 24 HOURS PER DAY FOR 6 MONTHS!** After this time you will need to wear your retainers at nighttime only. Because your body is always growing and changing, it is reasonable to think that your teeth will shift unless you maintain them in their current, “straightened-out,” position. Retainers should be viewed like nightgowns/pajamas - because they will be put on before bed the rest of your life!

### **CARE FOR YOUR NEW RETAINERS**

Once you receive your retainers you will be expected to wear them all the time. The only time you should take them out is when you brush your teeth or are eating. Make sure you put your retainer in your retainer case to avoid losing or breaking it accidentally. When brushing your teeth you should also clean your retainers with your toothbrush and toothpaste. Occasionally, you will need to have your retainers adjusted, as they become loose or “just not fit well.” We will make several appointments for you to visit with us so that we may monitor your bite and the fit of your retainers. If you should have any questions or problems with your retainers you should call and schedule an appointment with us so we may maintain the product of all your hard work; **YOUR BEAUTIFUL SMILE!**

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