

Retention

Congratulations! You have almost finished your orthodontic treatment. The last phase is wearing your retainers. These are usually clear plastic and are made to hold your teeth in their finished position. They are worn full time (except when eating) for a few days and then night only. Clean them with a tooth brush when you brush your teeth. Keep them in their container in a safe place. Hot water will distort them.

They should be worn for at least two years, sometimes longer. It is **TOTALLY YOUR RESPONSIBILITY** to wear your retainers and to keep them safe.

If at any time you are unsure about the retainers you should contact our rooms. If you lose the retainers a small fee will be charged to make new retainers. Your models are needed to make new retainers and should be kept in a safe place to prevent any damage. Please dry the models for a few days before safely packing them away.

NO RESPONSIBILITY is accepted and **NO EXCUSES** are accepted if you lose or don't wear your retainers. **RETAINERS ARE YOUR RESPONSIBILITY.**

It is unrealistic to expect your teeth to stay perfectly in place forever. Teeth are set in bone and are in a delicate equilibrium between your tongue, cheeks and lips and may move as these forces alter as you grow and develop. Teeth are not set in concrete. Some lower anterior teeth movement may occasionally be expected.

It is essential that you bring your retainers with you to each appointment.

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