

A SUPER FANTASTIC DAY

This is the day you have been waiting for. Your braces have been removed and you are now entering the retention phase of your treatment. Proper use of your retainer is essential to establish a stable tooth relationship and keep your smile looking awesome. We need your commitment to accomplish this and will be there every step of the way in support. But remember, it is up to you. You have the tools to keep things in line. You make the moves now. The following wear and care instructions will help you maintain your new smile. Here we go... your future is now.

IT IS YOUR JOB TO KEEP YOUR TEETH AND RETAINER SPOTLESSLY CLEAN

MAKE US PROUD!

IT IS YOUR JOB TO KEEP YOUR TEETH STRAIGHT.

A FEW SIMPLE POINTERS:

It is important that you wear your retainer consistently as instructed. Short timeouts are okay like for meals, contact sports and theater performances.

Clean is key! Brushing it nightly and soaking it once a week in a denture cleaner using cool water.

Keep your retainer away from pets. They love to chew them.

Use your retainer case!

The first 6 months - 24/7. The next 6 months - 12 hours. Thereafter... at bedtime.

UPPER RETAINER

Your upper retainer is removable and is either an acrylic and wire type (Hawley) or a clear template type (Essix) custom designed to maintain your teeth in their corrected position.

The retainer's plastic taste will go away in just a few days and your speech will return to normal, as you get comfortable.

We are done pushing teeth around and your retainer should be passive, so if you develop any sore spots or uncomfortable pressure, give us a call.

If you flip or click your retainer in and out, it will weaken over time and break.

If it does break, call us ... you need to have it repaired or replaced ASAP!



Always remove it when brushing your teeth. Clean your retainer by hand with your toothbrush. Keep it stored in its' case. Bring your retainer to every appointment!

LOWER RETAINER

Your lower retainer is either a fixed and/or removable appliance custom designed to maintain your teeth in their corrected position. If you have a removable lower retainer, follow the same instructions as outlined for the upper retainer.

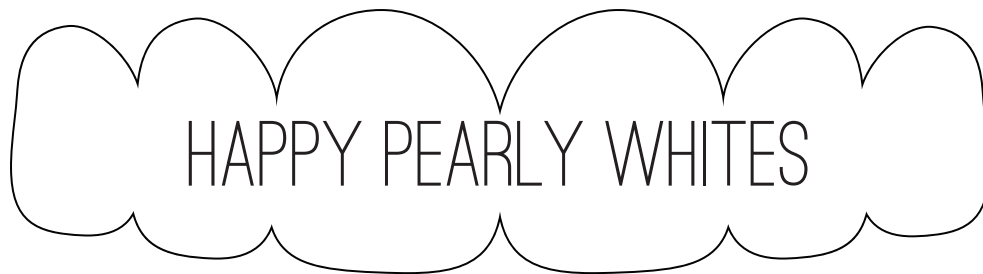
If you have a fixed wire attached to the inside of your lower teeth, it requires special attention to keep clean and to maintain.

Brush the fixed retainer making sure to clean the inside of your lower teeth. Floss every day using a floss threader to allow access between the retainer wire, the teeth and the gums.

"Fixed" not "permanent"! You must be a good caretaker. Poor oral hygiene will require removal to regain health. And, it's not super glued on... so avoid hard foods and objects.

Spotless

It is your job to keep your teeth and retainer spotlessly clean.



YOU, AND ONLY YOU CAN KEEP THEM HAPPY

OFFICE HOURS: M-TH 8AM-5PM, F 8AM-12NOON | QUESTIONS: 402-558-0035

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