

Now that your appliances have been removed, you are beginning the next very important phase of your orthodontic treatment. You have been given your orthodontic retainers, and wearing them as scheduled will help maintain your great new smile!

OBJECTIVES OF THE RETENTION PHASE

1. Retainers, as the name implies, retain the teeth in the corrected position. When the tooth is moved, the ligaments holding the teeth to the bone are stretched and it takes approximately one year for the relaxation of these fibers to occur.
2. Wearing retainers as scheduled will allow some minor changes in tooth position to occur as the teeth settle into position.

Failure to wear retainers as directed, even for a short period of time, may cause a rapid change. It is very important that you follow these specific instructions given to you to maintain satisfactory results.

- Brush your teeth and retainers following each meal or snack. If this is not possible, at least rinse your mouth and wash the retainers with water.
- Always bring your retainers with you for each appointment. If a retainer is lost or damaged, a charge will be made to replace or repair it.
- No chewing gum, please – it sticks to the plastic.
- Never leave your retainer out of your mouth except in its case. Don't leave it lying around or wrapped in tissue. It could get lost or thrown away. Never leave it in hot water or near a hot surface; it could change shape and then it won't fit.

Your retainer should fit comfortably and securely. If it doesn't, let us know. It is delicate and expensive to repair or replace, and it won't be lost or broken if it's worn correctly!

RETAINER WEAR SCHEDULE

UPPER RETAINER

- Please wear all the time except when eating
- Please wear:
 - During sleep only
 - After school and all night
 - _____

LOWER RETAINER

- Please wear all the time except when eating
- Please wear:
 - During sleep only
 - After school and all night
 - _____

It is important that you make an appointment with your general dentist as soon as possible for a caries (decay) check and a complete cleaning. Make sure that you continue to see your general dentist on a routine basis.

Congratulations from everyone at

DietrichKelso
ORTHODONTICS



www.DKOsmiles.com
863.644.0430

DAILY ORTHODONTIC ALIGNER CARE

Soaking - Preferred Cleaning Method:

To clean, soak the aligner for twenty to sixty minutes each day rather than brushing the aligner.

- Soak in Efferdent or RetainerBrite
- ~~• Soak in bleach, e.g., Clorox~~
 - ~~• The bleach solution can be full strength or partial strength.~~
 - ~~• If partial strength is desired, then dilute with water. The bleach will not damage the aligner.~~
- Rinse in water and/or mouthwash if the odor or ~~taste of the bleach~~ is unpleasant to you.

Toothbrush and Toothpaste - Alternate Cleaning Method:

If you prefer to brush the aligner with a toothbrush and toothpaste, use a new soft bristle brush. Brushes that have been used to brush your teeth have frayed ends on the bristles and will scratch your aligner.

- The best toothpaste for use on the aligners is **Colgate Total**. This is a low abrasive toothpaste and it has active ingredients that help prevent the sticky dental plaque from adhering to the aligner 24 hours a day.
- If the dental plaque adheres to the aligner, it will require more brushing. The more you brush the aligner, the more you scratch the aligner. Scratches on the inside and outside make the aligner appear frosty or "cloudy."

Causes of Common Aligner Damage:

- Heat (any source)
 - Hot car interior (Temperature may reach 165° F or higher in closed cars.)
 - Large Hair Curlers
 - Hair Dryers
- Pets (The saliva scent attracts your pets.)
 - Dogs LOVE aligners. They use them as chew toys!
 - Cats will carry them off to play with them.

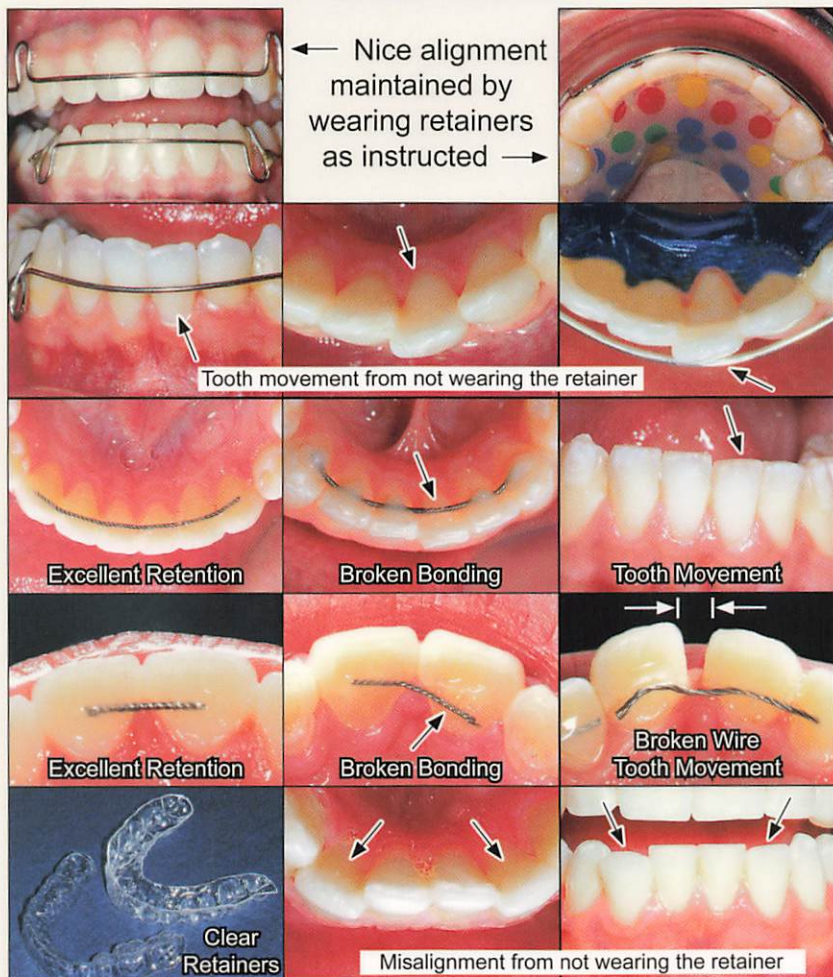


BRACE FREEDOM DAY

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RETAINER INSTRUCTIONS

RETAINER GUIDE™

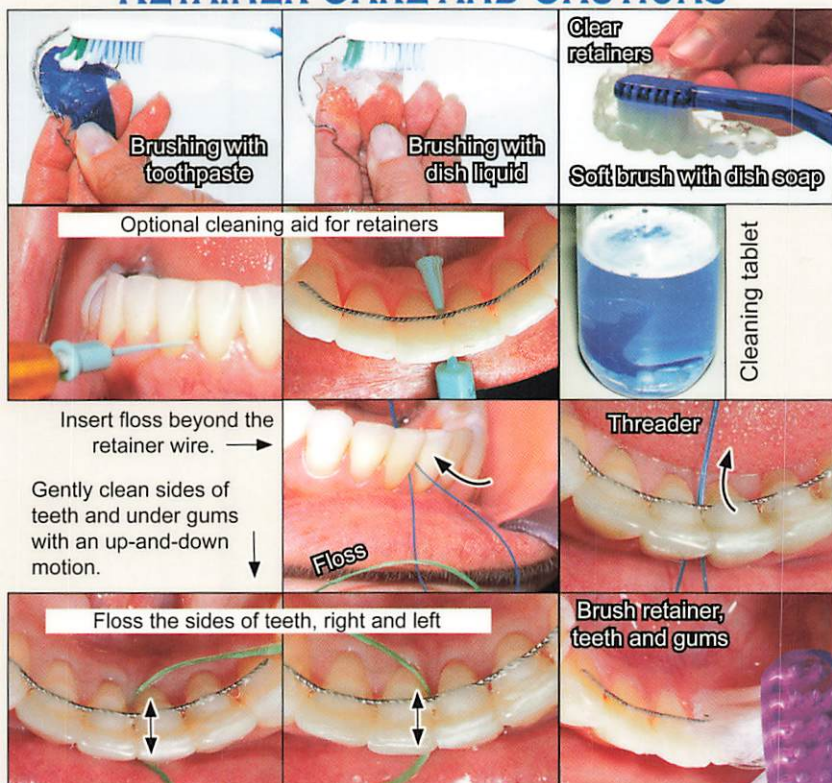


Your teeth will move if you don't wear your retainers.

- Correction of significant tooth movement may require the time, effort and expense of additional treatment.
- If a retainer is lost, broken or feels different, promptly call our office during business hours. Never try to adjust a retainer.
- Vacations and summer camps will change your routine. These are high-risk periods for losing or not wearing retainers.
- When not wearing or cleaning your retainers, they should be in the retainer case with your name and phone number. →



RETAINER CARE AND CAUTIONS



- Plastic retainers can be ruined by heat. Never put a retainer in boiling water, a dishwasher or on the dashboard of a car.
- Occasionally soaking plastic retainers in mouthwash is OK, but regular or prolonged soaking may damage the plastic.
- Keep retainers beyond the reach of pets and young children. Dogs and cats like to chew on retainers.
- Retainers can be broken if placed in a pocket or backpack.
- There is a charge to replace retainers, so please be careful.



Retainers are likely to be thrown in the trash if they are wrapped in a tissue or napkin or placed on a food tray.

- Like contact lenses and eye glasses, retainers can wear out over time. Replacing a worn out retainer is a wise investment in protecting your smile and the long-term stability of your teeth. Correct alignment may require indefinite retainer wear.

Thank you for being the most important part of our practice. Almost half of our patients are sent to us by former patients. We deeply appreciate your confidence in recommending us to your friends and family.