

Retention

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The period called “retention” begins at the completion of the active phase of orthodontic treatment. If retainers are not worn, the teeth will move.

Retainer wear:

- Wear it full time for the first year except for while eating, cleaning your teeth, and during sports and music activities.
- Keep it in your retainer case when not in your mouth.
- Wear it at night for the second year.
- After the second year, wear your retainer at least 1-2 nights a week indefinitely.
- Your lower retainer should be left in indefinitely. Call our office if it becomes unglued.

Retainer cleaning:

- Clean your retainer regularly with a toothbrush and toothpaste. You can also use cleaning tablets made especially for retainers or partial dentures.
- Never put a retainer in boiling water or the dishwasher. These will damage your retainer.

What not to do with your retainer:

- Wrap it in a napkin at meal time (or you will throw it away)
- Leave it where the dog can get it (even if it is in the case)
- Leave it in the sun or on the dashboard (or it will warp)
- Throw it in your gym bag
- Step on it or drop it
- Set a TV on it
- Flush it down the toilet

Retainers do not break under normal use and cannot be lost while in the mouth. If the retainer is lost or broken, please call the office so it can be replaced as soon as possible. There will be an additional charge for a retainer replacement or repair.

Retention visits are scheduled at six-month intervals and are important. There is no charge for these retention visits, unless a retainer must be replaced or repaired. An additional charge may also be incurred should it be necessary to retreat teeth that have moved due to inadequate retainer wear.

In order to insure the best result, it is an important patient responsibility to maintain the teeth in their new positions by wearing retainers. This necessitates FULL cooperation in following these instructions.