

Congratulations! You have reached the retention phase in your orthodontic treatment. This phase is both exciting and extremely important. The bone, muscles and teeth must adapt to their new positions. Retainers will help "retain" the results obtained by your Fastbraces®. Orthodontic retention is a lifelong commitment. In order to protect the investment you have made, it is important that you follow the wear and care instructions provided below. Up to this point it had been a team effort, but the retention phase is up to **YOU!**

Wear Instructions:

- Wear your retainers at night, for a minimum of 8 hours, after your Fastbraces® are removed. You must do this as long as you want to maintain the results!
- Retainers should be placed with your fingers, never "bitten" into place. Do not flip or play with them while they are in your mouth. This causes distortion which may make them too loose or break them.
- Do not eat, drink or chew gum while wearing your retainers.
- Remove retainers while swimming and/or participating in contact sports where they may be dislodged.

Care Instructions:

- Brush your retainers with a soft toothbrush using warm (not hot) water. Brushing them removes the plaque and eliminates odors. Avoid using toothpaste to brush your retainers as this will create rough surfaces which will allow bacteria to attach. You may soak retainers in Efferdent, Polident for other appliance cleaners, however, soaking does not take the place of brushing.
- When not in your mouth, **always store your retainers in their case.** Most retainers get lost in lunchrooms or restaurants.
- Keep your retainers away from pets; especially dogs!
- Avoid exposing your retainers to excessive heat. Never leave them in a hot car, boil them or put them in the dishwasher for cleaning.

A well-cared for retainer may last for years. Please call our office immediately if your retainer no longer fits or is lost or broken. We will be happy to make a new custom fit retainer for you at an additional expense.