

Treatment for Retention Appliances

Retainer

There are different kinds of retainers that can be worn at the end of treatment. Dr. Kim will determine which type of retainer is best for your treatment.

INSTRUCTIONS FOR WEAR AND CARE OF REMOVABLE RETAINER(S)

If you follow these suggestions, your appliance(s) will work best for you:

1. Retainer(s) should be worn day and night unless you are instructed otherwise. They should be taken out only for eating, tooth brushing, swimming, or playing other sports or games.
2. Brush your teeth and rinse the retainer(s) after each meal.
3. You may clean retainer(s) with soap and water or toothbrush (no toothpaste). But, NEVER place retainer(s) in hot or boiling water for cleaning.
4. New retainer(s) may cause some initial difficulty with speech, and you may notice a plastic taste in your mouth. Both should disappear in a day or two.
5. When you are not wearing your retainer(s), keep it in the plastic retainer case, put your name and phone number on the retainer case and carry it with you at all times.
6. Do not put your retainer(s) in a napkin when you are at school, or in a restaurant, etc. It might be forgotten and thrown away. This happens quite frequently!
7. Do not use your tongue to flip or play with the appliance. This will cause the retainer(s) to become loose and possibly break.
8. If your retainer becomes loose, breaks, or bends, call our office immediately. If you do not, your teeth will begin to SHIFT.
9. There is a charge to repair or replace your retainer(s).
10. We will check your retainers at no charge for the first year of retainer wear. After the first year, there will be an office visit charge.

NOTE: PLEASE DO NOT USE EFFERDENT TO CLEAN RETAINERS.



BONDED LINGUAL RETAINERS

Bonded lingual retainers are thin wires that are to the tongue-side surface of the teeth. Our patients find this type of retainer to be an extremely helpful and comfortable way to successfully maintain their orthodontic correction, and it eliminates the need to be responsible with a removable retaining appliance. Over time, a removable retainer tends not to be worn, and can be lost, causing a loss of correction. A

permanent bonded lingual provides long term stability and is a completely reversible procedure. It can be removed at any time but the longer correction is maintained, the more stable the result will be.

INSTRUCTION FOR WEAR AND CARE OF BONDED LINGUAL RETAINERS

- 1) You must be sure to thoroughly brush the bonded retainer surfaces twice daily. We suggest that you brush these surfaces before brushing the rest of the teeth because it requires a little more effort than other surfaces. Tartar control toothpaste is recommended.
- 2) At least ever other day you must floss under the retainer wire using dental floss and floss threaders. If you are unaware how to do this, instructions can be given at our office or by your general dentist.
- 3) Please be aware that biting into hard foods and hard candy can break the bonds that hold your retainer. Therefore you should be careful and avoid biting into hard fruits, crusty breads and bagels, etc. These foods should be cut into bite sized pieces and chewed with the back teeth as much as possible.
- 4) You retainers need to be checked periodically and monitored for normal wear and maintenance. If you detect roughness, or that a piece of cement is broken or missing, you may need a repair as soon as possible. Please call the office for an appointment. If the retainer is broken, your teeth may be able to shift.
- 5) "The first year is covered under the treatment plan" after that, additional fees apply.

Please remember to follow up with your:

- **General Dentist/Hygienist to complete a cleaning and dental exam**
- **Oral Surgeon if your third molars/wisdom teeth require future extraction**