



PARKER
ORTHODONTICS
your smile • inspired

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RETENTION

Congratulations! You are now the proud owner of a healthy and beautiful smile. This was only possible through the effort of you, and our office.

Retention therapy is a very important part of orthodontic therapy. Although your braces have been removed, orthodontic treatment is not yet complete. Retention appliances (retainers) are now used to attempt to stabilize the teeth as the mouth, jaw bones, muscles and gums, adapt to the new tooth positions.

When braces are removed, teeth will exhibit a tendency to return to their original position. These post treatment changes are best prevented by the prompt insertion of retainers. We do not guarantee that your teeth will remain in place once braces are removed.

The mouth is a constantly changing system of forces. As a person grows older, the mouth ages too. In time, teeth wear, move, and shift. These changes are a normal consequence of growing older. Wearing braces does not prevent the mouth from aging or teeth from shifting as one grows older. Wearing retainers can help minimize these effects.

After treatment is completed you will receive either a removable retainer(s) or a permanent bonded/glued in retainer(s). We have given you a sheet that outlines the care of retainer(s). Please read the instructions.

Removable Retainer Wear Schedule:

- 1) For the first *six months* after treatment is completed wear the retainer(s) for *12 hours every day* (unless instructed differently)
- 2) *After six months* wear the retainer(s) *12 hours every other day in the evening*.
- 3) *After one year* the retainers should be worn 2-3 times a week at bedtime (7-10 hours).

Also, if the retainer should ever be broken, or lost or if the retainer does not fit because it was not worn properly, you will be billed a replacement charge.

If you have a *permanent bonded retainer(s)*, ideally this retainer should be left in place indefinitely (forever). Studies have shown that this type of retainer is one of the best ways to keep your teeth straight for a long time. Have your general dentist check the bonded retainer(s) at each periodic cleaning. If the bonded retainer breaks or becomes loose, please call the office as soon as possible.

If you wish to have a bonded retainer removed, a removable retainer should be made. There will be a charge for the new retainer.

Retention visits will last for approximately 1-2 years. After two years there will be an office charge for patients who would like to have further retention visits.

If you have any questions, or are experiencing any problems with your retainers, please let us know as soon as possible so that we can help you.

We recommend that you see your dentist for a regular exam and cleaning now that the braces have been removed.

My staff and I have enjoyed working with you to give you a great smile.

Thank you.

Sincerely,

Michael Parker, D.D.S.