

What's next?

REMOVABLE RETAINERS

Wearing your retainer during the maintenance and retention phase is just as important as all the hard work during your active treatment.

EVEN AS LITTLE AS 1-3 DAYS WITHOUT A RETAINER CAN CAUSE UNWANTED SHIFTING.

Keep your scheduled retainer check-ups and make sure to bring the retainer with you.

Retainer Use Schedule

Wear your retainer all day & all night for the first 6 months that you get your braces off. Remove to eat & to brush your teeth.

After 6 months, Dr. Freels will switch you to night time use only (wear while you sleep). Do this for an additional 18 months.

After 2 years, you can wear it at night while you sleep about 2-3 x per month. If it feels tight/uncomfortable wear it more consistently to avoid unwanted shifting.

Contact the office if you need a replacement.

Retainer Care Instructions

- Clean your retainer with water and hand soap.
- Keep your retainer away from PETS!
- Never wrap your retainer in a napkin/tissue.
- Don't wash your retainer in hot water or boil it.
- Avoid leaving it out in the sun or hot car.
- Do not put your retainer in your pocket
- Clean off any debris/tartar build up

Facts

- Flipping your retainer in & out with your tongue can cause breakage. Repairs at your cost.
- You may feel some tightness/soreness with your new retainer. This is normal and will go away with continued use.
- To avoid cracks in your retainer you must remove it properly.

To Remove

Place both index fingers in your mouth one on the left & the other on your right side. Reach for back of the retainer and apply even force to both sides as you push down. Do not snap one side then pull on the other to remove -this will cause irreparable damage to the retainer.

Replacements

Replacing your retainer will be _____.

Each retainer replacement requires you to get a new impression (by appointment only).

BONDED PERMANENT RETAINERS

DO NOT DRINK CARBONATED BEVERAGES WITHIN 24 HOURS OF BONDING YOUR LOWER RETAINER

Your lower bonded retainer is a small titanium wire that has been customized to fit the back of your teeth. It's affixed to the back of your teeth with 6 small gluepads (one gluepad per tooth). Your bottom teeth tend to shift more quickly and using a permanent bonded retainer will help to avoid any unwanted shifting.

Retainer Use Schedule

This retainer has a safe long-lasting adhesive that with proper care will last several years. As each person is different with different eating/oral habits retainers there is no guarantee of the length of time the bonding will endure.

Retainer Care Instructions

To floss, use a floss threader or Superfloss® to work behind the wire then through to properly reach the gum line to floss. Remove gently.

Do not bite down on something directly (ex: biting down on an apple or corn on the cob). The direct pressure can cause the retainer to become loose or break.

Facts

Even though the bonding of your retainer is long-lasting this does not mean it is not indestructible. Even a short amount of time without fixing a loose retainer can cause discomfort and shifting. Flossing your retainer will take extra time but is necessary to avoid a build-up of tartar.

To Remove

We suggest that these retainers remain indefinitely. This may or may not require occasional bonding/touch ups. If you choose to have it removed you may contact our office or your general dentist. Please do not attempt to remove on your own. Even if your retainer falls off -adhesive remnants will remain.

Replacements

If your retainer becomes dislodged call our office and be sure to bring in the wire for re-bonding. Fees vary based on amount of repair done and/or if a new one is reproduced.

F R E E L S O R T H O

956.631.8181

www.freelsortho.com