

CONGRATULATIONS!!!

We know you are proud of the way your teeth look and feel. You should be, because your help and cooperation have played a very important role in the progress of your treatment.

Your first year of post orthodontic treatment care and one set of retainers are included in your original contract. After that you will be released from the active orthodontic care. If further adjustments are needed or the retainer is broken, lost or loose, additional office visit fees will be incurred.

Please follow these instructions for the care and maintenance of your retainer:

Bonded Retaining Wires

1. Your new retainer has been placed on the inside of your lower front teeth. It is referred to as a "**bonded lingual retainer.**" As long as the wire is attached to your teeth correctly your teeth will stay reasonably straight.
2. **Teeth shift with age.** This problem occurs most often on the lower. To help maintain your straight teeth the wire must be left in place and maintained for the **rest of your life.**

CARE FOR YOUR WIRE

1. **Careful, thorough brushing and flossing must be done daily.** In addition to brushing, it is essential that you floss between your teeth and into the gum areas below the wire. In order to do this easier you may try "super floss" or try using the floss threaders that you used throughout your orthodontic treatment. Your dental assistant will demonstrate the proper way to floss around your retainer.
2. Do not bend or pick at your wire.
3. Avoid biting into sticky or brittle foods.
Examples: Apples, carrots, hard pizza crusts etc.

IF A PROBLEM OCCURS:

If your retainer becomes loose, broken, bent or lost please call our office immediately. A retainer which is not being worn or not bonded on correctly can result in your teeth shifting or changing position quickly! Be very careful! There is a **fee to repair (per tooth) or replace a lost or broken retainer.**

IF YOU HAVE ANY QUESTIONS OR CONCERNS DO NOT HESITATE TO PHONE OUR OFFICE IMMEDIATELY!!!