

Retainers

Keeping Your Teeth Straight for Life

After your orthodontic treatment is finished, we want you to have straight teeth for a lifetime with as little effort as possible.

Change to the position of teeth is inevitable throughout life, unless they are held in position. Change occurs more rapidly immediately following orthodontic treatment and then gradually slows, but never stops. Minor tooth movement is unavoidable and unfortunately, we cannot predict how much or how fast your teeth will move.

Your retainer will minimize and can practically eliminate change if worn as directed.

Types of Retainers

Clear Retainers: Made of clear BPA free plastic and cover the teeth entirely. They are almost invisible and are very popular

Hawley or Acrylic Retainers: Made of acrylic and stainless-steel wires. The main wire runs across the front of the teeth and other wires clip around some teeth to help hold the retainer in place.

Clearbow Retainer: A Hawley retainer that has a main wire made of a BPA free plastic which is less noticeable than stainless steel

Bonded Retainers (sometimes called permanent retainers): Wires that are glued or bonded to the back of the teeth. They are used most frequently on the back of the lower six front teeth.

Retainer Instructions

Wear your retainer full time for 3 months after orthodontic treatment is complete, thereafter removable retainers should be worn about 8 hours per day, usually when sleeping. If your retainers are tight, it generally means that your teeth have shifted, and should be worn more often. This almost never happens if retainers are worn as we recommend. There is no specific end-point to your retention period. To help prevent future dental changes, retainers should be worn indefinitely.

First 3 Months:	Wear your retainer full-time
After 3 Months:	Wear every night while sleeping

There are only 3 reasons why retainers stop fitting:

1. Retainer not worn as recommended
2. Retainer became damaged
3. New dental work

Bonded retainers can break or become partially or completely detached. Bonded retainers may be replaced with removable retainers at any time, particularly if plaque build-up becomes a problem or if the dentist is concerned with oral hygiene.

Please contact us as soon as there is a problem with a retainer. It is much easier and less costly to replace or repair a retainer immediately after a problem occurs than it is after teeth have shifted.

Caring For Your Removable Retainer

Do

- Wear retainer as instructed
- Remove retainer when eating
- Remove retainer for contact sports (remember to wear your mouthguard!)
- Keep retainer in case when not in mouth
- Brush and rinse retainer regularly
- Call our office if retainer doesn't fit, causes pain, breaks or is lost
- Keep retainer away from pets (they will chew, as smell is appealing)
- Increase frequency of wear if retainer is tight
- Call our office immediately if retainer doesn't fit, causes pain, breaks or is lost

Do Not

- Wrap retainer in a napkin (it can be mistaken for garbage and thrown out)
- Put retainer in dishwasher, microwave, dryer, boiling water or on dashboard (it can distort if exposed to high temperatures)
- Place retainer in pocket or backpack without its case (it can break, get damaged, or get lost)
- Swim in lake with Hawley or Clearbow retainer (it will sink if it falls out of your mouth – well fitting clear retainers are okay because they do not fall out)

All retainers need proper care and will need to be repaired or replaced from time to time.

Please contact us as soon as there is a problem with a retainer. It is much easier and less costly to replace or repair a retainer immediately after a problem occurs than after teeth have shifted.

There can be fees associated with repairs, and replacement of retainers incurs fees. Your treatment fee includes office visit charges for one year after active orthodontic treatment is complete.

Our clear retainers and bonded retainers are eligible for our Smile Protection Plan which provides replacement retainers and repairs to bonded retainers for 7 years!

Thank you for choosing Kawartha Orthodontics. It has been a pleasure working with you.

If you have any questions, please feel free to contact us at 705-743-8085 or at info@smiles.ca