



RETENTION

Well, at this point, you've just about had it!

At the completion of the active phase of your orthodontic treatment you begin the period we call retention. To retain means to hold. In the case of your teeth, they must be retained or held in their new positions until the tissue, meaning the bone, the elastic membrane surrounding the root, the gingivae or gums, and the tongue and lips have adapted themselves to the new tooth positions. If we did not make an effort to retain the teeth following orthodontic movement, they would tend to move back to their original positions. Teeth have amazing memories.

The length of time the teeth must be retained, of course, varies with each individual. The average patient must be retained for about eighteen months to two years, some even indefinitely. In most cases, some type of retainer is usually required until the third molars, or wisdom teeth, have erupted or have been extracted. Often the latter part of the retention period will require retainer were only while sleeping.

On certain types of completed cases we find it is wise to use a rubber or plastic mouthpiece called a finishing appliance. By making minor corrections on the plaster molds of your teeth, taken at the time the fixed appliance are removed, we are able to make subtle changes. The appliance is made and worn in the mouth to gently massage the teeth into a finer relationship. Should you have this type of retainer, you will receive specific instructions concerning its wear at the time you receive it.

It has been our experience that retainers are not broken and certainly cannot be lost while in the mouth. Find a safe place to keep it. However, should it become lost or broken, please notify out office immediately so that we can replace it as soon as possible. Should this become necessary, we reserve the right to make an additional charge.

How to get the

Best Results

from your removable
Orthodontic appliance and retainers



Removable plastic appliances can be used in a number of tooth-moving as well as tooth-holding procedures:

1. Wear the appliance at all times including meal time and during sleep unless you have been specially instructed otherwise.
2. As soon as you have finished eating, take the appliance out and carefully brush your teeth. Make sure that you clean the inside, outside and biting surface of all your teeth.
3. After you have finished brushing your teeth, clean the appliance in this manner:
 - a. Hold it in the palm of your hand.
 - b. Carefully brush the inside and outside surfaces.
 - c. A hand brush and soap do a better job than a toothbrush. Follow brushing with a big rinse with clear water.
4. Replace the appliance as soon as you have cleaned it. (If you have been instructed to wear a Rubber band, you may need a fresh one at this time.)
5. We want the delicate adjustment to remain in perfect order, so... Be gentle when removing and replacing the appliance. Avoid flipping or playing with the appliance with your tongue (this annoys others and eventually will distort or break your appliance).

Taste: The plastic taste, sometimes found in a new appliance, disappears in a day.

Speech: With the appliance in place, your speech will be completely normal in two to three days. Reading aloud to yourself can help you become more quickly accustomed to its presence.

The safest place for your removable appliance is in your mouth. If you take it out:

DON'T put it in your pocket
(you may break it!)



DON'T wrap it up in a paper napkin
or tissue. Garbage cans
don't make good hunting
grounds.

DON'T leave it lying around.
(Remember, little brothers and sisters, and even pets, are curious!)



Do if you must take it out of your mouth, put it in a plastic container with a good lid and with your name, address, and phone number on the inside of the container. We furnish these boxes on request.