



(616) 698-2323

### Removable Retainer Wear

- Retainers must be worn fulltime (22-24 hours per day) for the first 6 months. After that retainers are worn indefinitely on a night time basis to maintain your results.
- If the retainers are left out for any length of time and then go in tightly, the retainers need to be worn more frequently. Your teeth will continue to move within the supporting bone throughout your lifetime. With good retainer wear, you should be able to maintain 80-90% of your result.
- You usually will feel a change before you see a change. Please realize that everyone has a different need in retention. Some people need to wear their retainers for more nighttime hours than others to maintain their results infrequently while others need a great deal of retainer wear. **YOU NEVER GET RID OF THE NEED FOR RETAINERS.**

### Retainer Care

Upon removal brush the retainers to keep them clean. Tartar buildup can be removed by soaking the retainers in white vinegar or using a denture tablet for a few hours, making sure to brush them afterwards. Use cool water to rinse as retainers can be warped by temperatures that are too great. Dogs love to chew retainers, so keep them in a safe place. Please do not soak your retainers in mouthwash, as they may stain.

Please call if you have any problems. The faster we can correct the problem, the lower the chances of teeth moving in an unwanted direction. Currently replacement retainers cost between \$150-\$250 each, depending on the type of retainer. Be sure to take good care of your retainers, as only your first set is included with your treatment fee.

*Below are examples of the different types removable of retainers*

Invisible retainer

Hawley retainer