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FINAL INSTRUCTIONS

These final retention instructions are provided to assist you in maintaining your oral health and the alignment and bite correction achieved during your orthodontic treatment.

There is a tendency for teeth, especially the lowers, to move as a result of the aging process. The elastic fibers in the gum tissues will also tend to pull the teeth to their previous positions. Therefore, orthodontic retention is a lifelong endeavor. Please carefully follow these final instructions:

- (1) Wear your retainers on a nightly basis (10 hours per day) for a period of 12 months.
- (2) After that 12 month period, you *may* skip one night every three months *if you wish*. It is fine to continue to wear your retainers nightly if you prefer.
- (3) You may continue to drop one night every 3 months *only* if your retainer does not feel too tight when you wear it. Your retainer will feel tight if your teeth are shifting.
- (4) Should your retainer feel tight, revert to the previous wear schedule and *continue that indefinitely*.
- (5) If you are able to reduce your retainer wear to one night a week, you *must* continue this wear indefinitely to prevent excessive movement and the need for braces again.
- (6) Permanent retainers, attached to your teeth, must be flossed daily. Your dentist will check your teeth at your regular cleaning appointments. Your dentist will let us know if your retainer must be removed for any reason.
- (7) Permanent retainers are left in place for a minimum of two years, and may be left indefinitely if cared for properly.
- (8) If the permanent retainer is broken off or removed, we recommend continued retention with a night time appliance, provided at a nominal charge to cover lab fees incurred in making the appliance.
- (9) Future appointments to have your retainer checked will incur an office visit charge.

Thank you for the opportunity to serve you. Please call if you have any questions.