



## RETAINER INSTRUCTIONS

***Congratulations on your new smile! You did it and you should be proud!***

The teeth are in a constant state of motion throughout your entire lifetime. Your teeth position is determined by a **BALANCE** of all the teeth themselves, the lips, the tongue, the cheeks, and also the function of all of these in breathing, swallowing, sleeping, talking, at rest; and in addition the habits you might have, such as grinding, clenching, smoking, etc. We have used the latest techniques to provide you with the most stable bite, which includes proper retainer wear.

In our experience, the best wear for the **“Hawley” (removeable plastic and wire) type and the “Invisalign”/“Truax” (clear tray) type retainers** are the following:

- ↪ First 6 months- wear 24 hours a day. If taking out while eating, put them in your retainer box!
- ↪ The next 6 months- wear while sleeping only, EVERY NIGHT.
- ↪ The next 3 months wear every other night.
- ↪ The next 3 months wear every weekend only.
- ↪ Then wear “as need” only.

AS NEEDED means- if retainer FITS LOOSELY whenever you try it in, your teeth are stable and you don't need to wear it. However, if it fits very SNUG, you'll need to continue to wear it at night. If the teeth shift slightly, you'll need to wear it 24 hours a day, except while eating, to return the teeth to their aligned position. After that, you can again wear the retainer at night only.

If the retainers develop slight cracks, continue the wear schedule. If the retainers start to break apart and are uncomfortable, return to the office and we will repair or remake them for you.

**Office visits** during this time are still important. The retainer check appointments are:

1. 1 week after initial placement of retainers
2. Then 1 month later
3. Then 3 month intervals
4. Then at hygiene visits. Please bring your retainers with you for every hygiene visit.

**A 3<sup>rd</sup> type of retainer is a fixed bonded lower anterior wire retainer.** These can also be used on the upper teeth when there is space available when biting down. It may trap food and plaque more and be more difficult to floss. However, it is not removeable, thus easier to “wear”. This type still need to be checked at your regular hygiene visits.

Each of the 3 type of retainers have advantages and disadvantages. Please discuss with your doctor which is best for you.

*Again, we at Jackson Creek Dental Group congratulate you on your dedicated effort. Thank you for allowing us to provide you with the finest and most up to date orthodontic treatment available.*