

RETENTION PROGRAM INFORMATION

Congratulations on the completion of your orthodontic treatment and on your new beautiful smile! We are now ready to enter the retention phase of treatment, which is just as important as the active phase of orthodontic movement. To better serve our patients, we offer a few options as to how they would like to have their retainers placed. Before deciding on which option you prefer, we would like you to know some basic information about retention in general, as well as our individual retention program.

- 1.) **HOW LONG DO I HAVE TO WEAR MY RETAINERS?** Retention is an indefinite phase that will require long-term care and responsibility by the patient. The mouth is very dynamic, and constantly functioning. We now know there is no such thing as a completely stable result. In fact, studies have shown that teeth continue to shift throughout life, whether a person has had braces or not. However, proper retainer wear will minimize any minor shifting that occurs. We usually recommend full-time wear of the retainers for the 6 months after treatment, followed by wearing them 12 HOURS at night-time only for 6 more months. After 1 year, the patient may then slowly decrease the wear according to their individual needs. This may include wearing every other night for a few months, then every third night, etc. The important factor is to wear the retainers as often as is required to keep the retainers fitting. **THIS MEANS WEAR YOUR RETAINERS FOREVER!** If they get tighter, the teeth are shifting and they must therefore be worn more often.
- 2.) **HOW OFTEN DO I NEED TO COME BACK FOR RETENTION CHECKS?** Our original treatment fee included one year of retention follow up visits after your braces are removed. This consists of seeing the patient 2 months after brace removal, 6 months after brace removal, and lastly one year after brace removal. It is very important to keep these appointments so that proper adjustments can be made! After that period, we will dismiss the patient and they will then be placed on a “see as needed” basis. Please understand that there will be our **normal office visit charges after one year** of retention has been completed.
- 3.) **WHAT ARE THE DIFFERENT TYPES OF RETAINERS?** Retainers can be described as being either: “Removable” (can be removed by the patient; for the upper and lower) or “Fixed” which is bonded to the inside of the teeth (for the lower only, because the bite of the teeth usually prohibits a bonded retainer on the inside of the upper). The lower retainer can therefore be either fixed or removable. There are advantages of each type that should be considered before choosing which you prefer.



**REMOVABLE (Clear)
UPPER and LOWER**



**REMOVABLE (Hawley)
UPPER and LOWER**



**FIXED/BONDED
LOWER ONLY**



**4 SETS OF CLEAR
UPPER AND OR LOWER
ADDITIONAL FEE**

<p>One Appointment needed for removal and delivery of retainers:</p> <p>BRACES and INVISALIGN: RETAINER IS MADE SAME DAY AS SCHEDULED REMOVAL</p>	<p>2 Appointments needed for removal and delivery of retainers:</p> <p>BRACES: scan for Hawley 3weeks prior to scheduled removal of braces.</p> <p>INVISALIGN: Same Day removal of attachments and scan for Hawley retainer. Patient will need to wear last aligner tray full time until Hawley retainer is delivered in approximately. (3weeks)</p>	<p>2 Appointments needed for removal and delivery of retainers:</p> <p>BRACES and INVISALIGN: Impression taken at least 24hrs prior to scheduled removal.</p>	<p>2 Appointments needed for removal and delivery of retainers:</p> <p>BRACES: scan for 4sets 3weeks prior to scheduled removal of braces.</p> <p>INVISALIGN: Same Day removal of attachments and scan for 4sets of retainers. Patient will need to wear last aligner tray full time until all 4sets are delivered in approximately. (3weeks)</p>
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Full Treatment Fee = Top & Bottom Retainer

Partial Treatment Fee= One top or One bottom Retainer

LIST YOUR CHOICE HERE

Every Removal Appointment will take up to 2 hours. This includes REMOVAL of Braces or Invisalign attachments, Photos, X-ray, Itero scan for records and Fitting your NEW RETAINER! Depending on which retainer option you choose you may need an additional appointment for delivery of retainers.

REMOVABLE RETAINER (Essix or Hawley)

ADVANTAGES:

- 1.) Easier to keep teeth clean, since one can take it in and out.

DISADVANTAGES OF REMOVABLE:

- 1.) More likely to lose. There are additional charges for replacing lost retainers.

DISADVANTAGES OF REMOVABLE ESSIX RETAINERS

- 1.) Essix retainers may crack or wear down, and will discolor over time. Essix retainers are recommended for those who grind their teeth to prevent tooth wear; however they may need to be replaced if they wear down. There are additional charges for replacement retainers.
- 2.) In many patients the gums are swollen (gingivitis) at the time the braces are removed. Impressions for Essix retainers are made after the braces are removed so if the gums are swollen, then the retainers are fitted to teeth with the swollen gums. Within 1-2 weeks after the braces are removed, the gums will heal and shrink away from the teeth (if proper oral hygiene is maintained) and the retainers may feel loose. A new retainer may be needed which would incur additional charges.
- 3.) Not recommended for patients that had upper expanders because the material is not strong enough to hold the expanded arch.
- 4.) If you have dental work (ex. filling, crown, veneer) after the retainers are made, then the retainers may not fit and a replacement retainer will be made at an additional cost.

FIXED OR BONDED RETAINER.

ADVANTAGES:

- 1.) Hold the teeth in position full-time since they are not removable.
- 2.) Less likely to lose
- 3.) Can wear indefinitely, as long as you clean well around the retainer.
- 4.) Do not interfere with playing musical instruments, sports, speech or appearance.

DISADVANTAGES:

- 1.) Require careful flossing daily with floss threaders or Superfloss to reach the gums below the fixed retainer to prevent plaque and tarter buildup which can lead to cavities, gingivitis and periodontal disease.
- 2.) Require regular observation and maintenance to ensure that all bonded areas are intact and that there is no gingival infection, decalcification or tooth decay. These observation appointments should be performed by the orthodontist and general dentist at your routine cleanings every 6 months.
- 3.) Hard foods should be avoided that are likely to break or loosen the retainer (apples, ice, corn on the cob etc.). Chewing on fingernails or other foreign objects should also be avoided to prevent breakage. Any tooth that becomes detached from the fixed retainer is at risk for becoming crooked. If the retainer breaks, repair or replacement of the retainer will incur additional charges.
- 4.) **WHAT HAPPENS IF I LOSE OR BREAK MY RETAINER?** It is very common for retainers to break at some time in the future, due to normal wear and tear (nothing lasts forever). Likewise it is common to misplace retainers. It is very important to contact our office immediately if either should occur to schedule an appointment. Please don't wait until the teeth have shifted, because new retainers may not be enough to restore your teeth to their original alignment. There will be our usual customary charge for repair or replacement, as needed.
- 5.) **WHAT HAPPENS IF I DON'T WEAR MY RETAINERS AS DIRECTED?** Once teeth have shifted due to failure to wear retainers as directed, braces may be needed to once again correct the alignment. This would involve additional expenses. Please prevent this by wearing the retainers as directed, or calling us as soon as a problem is detected.
- 6.) **HOW DO I TAKE CARE OF MY RETAINERS?** Please be careful when cleaning, as rough handling can damage the removable retainer, or loosen the bonded retainers. If damage occurs this will result in increased costs to repair or replace. Also please store in proper container to allow for protection of the retainer(s).

We are very proud of our results, and strive to maintain these as best as possible through a proper retention program. It is important to stress the importance of the patient's responsibility to adhere to our instructions regarding checkups, wear of the retainers, and care of the retainers.

We appreciate your understanding that although retention is an indefinite length of time; **your treatment fee included one set of either Hawley, Essix or Bonded retainers (Set of 4 essix retainers have an additional charge), and 1 year of retainer check-ups. As a result, additional charges will be incurred as additional care is rendered.** These will vary, depending on need. Thank you for allowing us to provide such an important service to you and your family.

I have read and understand (our) responsibilities regarding the retention program, including additional charges as needed.

Patient _____ Date of birth _____

Parent/Responsible party _____ Date _____