



INVISIBLE RETAINERS AND THE RETENTION PROCESS

Purpose: After braces have been removed, teeth have a tendency to shift toward their original position. Retainers are custom made appliances worn after the orthodontic process to keep teeth in their position. For more information please refer to our website www.CartwrightOrthodontics.com.

Invisible Wear:

You should wear your retainers according to the following schedule (this may vary by patient):

- 1 - 3 days- wear all the time.
- 3 days - 4 months: 15 hours – after school and all night.
- 4 months – 12 months-PM only.
- After dismissal (12 months)-1-2 nights per week as long as possible

Invisible Cleaning: We recommend that you clean your retainers with a toothbrush and cool water. Try to avoid excessive use of toothpaste because of the abrasives in the toothpaste; it can damage the retainer material. You can soak the retainers in a 50/50 mix of denture or retainer cleaner and Listerine 2X/week. Do not soak more than 15 minutes. Remove from solution and rinse in water immediately.

Safety: If the retainers are lost or damaged beyond repair, we will charge a fee for replacement. Also, call us as soon as possible to prevent your teeth from shifting.

To avoid this, please follow these rules:

- Do not leave your retainer on a cafeteria tray, or wrap it in a napkin or paper towel; you may accidentally discard it. Use the proper case provided for storage of your retainer when it is not in your mouth.
- Do not leave your retainer in a place where animals can get them as they enjoy chewing on them.
- Do not put your retainer in your pocket as this may cause the wires to become bent or broken.
- Do not place the retainer in hot water or near heaters.
- Do not chew on your retainer. This will flatten them and they will no longer fit.

Adjusting to your retainers: You may find it difficult to speak clearly at first, however, with practice your speech will return to normal. Also, for several days after the retainers are placed, extra saliva may be produced. This will gradually lessen.

We invite you to call us if you have any concerns or if you would just like to say HELLO!

Thank you, and best wishes for a wonderful life!

Dr. Gary Cartwright and Staff