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CHILDREN & ADULTS



**ADULT RETENTION**

THE REMOVABLE PLASTIC APPLIANCE WE HAVE JUST FITTED TO YOUR MOUTH WILL MAKE FINAL IMPROVEMENTS IN YOUR TEETH AND HOLD THEM IN PLACE. BE SURE TO REMEMBER THE FOLLOWING THINGS ABOUT THIS APPLIANCE:

1. WEAR IT - Day and Night and WHEN EATING. It may be left out for special occasions, which would cause it to be lost or broken. When not in use for more than a few hours, the retainer must be kept in water or moist or it will eventually crack. IT CAN NOT REPEATEDLY DRY OUT.
2. KEEP IT CLEAN - It will catch food and irritate your gums if you do not brush your teeth and your retainer each time after eating.

\*\*\*\*DO NOT USE HOT WATER\*\*\*\*

3. DON'T PLAY WITH THE RETAINER - if you flip it in and out of your mouth, it will not hold your teeth in place AND you will also break the wire and have to have a new one made for a fee.
4. Should anything happen that you can't wear it for any reason, if it gets bent, lost or broken, call IMMEDIATELY for an appointment.
5. IF YOU DO NOT WEAR THE RETAINER, YOUR TEETH WILL NOT STAY IN POSITION AND THE RETAINER WILL NOT FIT!!!!
6. A retainer that does not fit may indicate that braces need to be replaced and your teeth need re-straightened.
7. The average patient will wear the retainer for approximately 1 year all of the time AND then nightly for 8 hours. In most cases, some type of retention is usually required and LONG TERM RETENTION is usually indicated. After three years of wearing the retainer, the teeth are usually as permanent as can be expected and yet shifting can occur. Shifting will occur even in people who have not had orthodontic treatment. Therefore, slight irregularities, particularly of the lower front teeth, may sometimes be accepted as the best for the particular circumstances.
8. HAVE YOUR TEETH CHECKED IMMEDIATELY BY YOUR DENTIST.
9. THE REPLACEMENT VALUE OF THIS RETAINER IS \$195 EACH.