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SPECIALIST IN ORTHODONTICS
CHILDREN & ADULTS



“ PHASE I ” RETENTION

The removable plastic retainer we have just fitted to your mouth will hold the changes we have obtained until “Phase II” (Full Braces). Be sure to remember the following things about this retainer.

1. WHEN TO WEAR YOUR RETAINER – **all of the time** - day and night. It may be left out of the mouth for special occasions such as swimming, playing football or any other sport as well as going to the beach or theme park - LEAVE IT HOME. Wearing the retainer during these activities may result in the retainer becoming lost or broken. If left out of the mouth for more than a few hours – place the retainer in water or it will dry out and crack over time.

RETAINERS ARE EITHER IN THE MOUTH OR IN THE CASE Not a napkin

2. KEEP IT CLEAN – it will catch food and irritate your gums if you don't. Brush your teeth and your retainer each time after eating. NEVER USE HOT WATER AS THE RETAINER WILL CHANGE SHAPE.
3. DON'T PLAY WITH THE RETAINER – if you FLIP IT in and out of your mouth, it won't hold your teeth in place. You will also break the wire and have to have a NEW RETAINER made at an additional cost.
4. Should anything happen that you can't wear your retainer 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 then the retainer will not fit !!! and Phase II will take longer!
6. The average Phase I patient will wear the retainer for about 1 year. Due to changes in bone as a result of growth the retainer may not fit after a year. This is like a shoe that does not fit due to growth of the foot.
7. REMEMBER – YOU are responsible for maintaining your teeth. IT IS YOUR RESPONSIBILITY TO WEAR THE RETAINER.
8. REPLACEMENT VALUE OF THIS RETAINER IS \$ 195 each
9. HAVE YOU ASKED ABOUT THE SERVICE AGREEMENT??