REMOVABLE AND BONDED RETAINERS

Retention is a vital part in the final stage of your orthodontic treatment. Your retainers are designed to hold your teeth in their corrected position as the bones and gingival tissue adapt to the change. We have chosen two different types of retainers for you. You have the typical removable retainer as well as the popular bonded retainer.

During the retention phase of treatment, you must wear the retainers exactly as you have been instructed; otherwise, your teeth move back to an undesirable position. Long term retention is extremely beneficial, so we encourage our patients to wear their retainers indefinitely at night. Research has shown that teeth tend to shift with age and lower incisors in particular tend to become crowded.

Bonded retainers are very comfortable, do not show, and cannot be lost, but they are more difficult to clean and floss around. Also, the teeth cannot move as long as the bonded retainer is attached, but remember hard foods can break a bonded retainer.

The retention phase of orthodontic treatment in our practice lasts one year and is included in your treatment fee. During this one year your retainers are checked periodically and adjustments are made as needed. After the one year retention phase, bonded retainers are usually checked annually. There will be a nominal charge for these retention visits, but only after the initial one year retention phase is completed. Some patients prefer to have their bonded retainer checked by their family dentist during their routine dental checkups. If you should lose or break your retainers, please call our office immediately for replacement or repair. There will be a charge for replacement retainers.

Retention is a commitment to maintain a beautiful smile. We are concerned about the possibility of relapse of crowded or rotated front teeth as well as the return of space between the front teeth. Enjoy your new smile and tell everyone where you got it!

_____   _____
Patient Signature   Date

_____   _____
Parent/Guardian Signature   Date