

# RETENTION

De-Band Date: \_\_\_\_\_

Your retainers are used to hold the alignment of your teeth once your braces have been removed. We ask that you wear your retainers **FULLTIME** for the first **6 months**. This time period is critical for the stabilization of your teeth because they are most prone to movement during the first several months after your braces are removed. However, your teeth will never stop moving, so you can never stop wearing them completely.

## **ACRYLIC & CLEAR RETAINERS**

### **Wear:**

After wearing your retainers fulltime for 6 months, you may then just wear your retainers overnight. Again, you will never be able to stop wearing your retainers completely. Your teeth will always want to move back to their original positions. You can control this by wearing your retainers indefinitely at night.

**Care:** You always want to remove your retainers when eating. When you remove your retainers, never wrap them in a napkin or tissue, as they can be accidentally thrown away. You never want to put your retainers in your pocket or backpack because when you sit down or get bumped they could break. Also, never leave your retainers where a small child or pet will have access. Dogs love to chew these retainers. You will also want to remove your retainers for rough contact sports.

**Hygiene:** Brush your retainers every night with a toothbrush and toothpaste. Make sure to floss everyday. Once or twice every week, you will need to soak your retainers in Polident, Efferdent, or Kleenite. This will deep clean your retainers, disinfect them and get rid of any tartar buildup. If you have a clear retainer, do not use a color tinted rinse as it may tint your clear retainer.

**Breakage:** If your retainers are lost or broken, please call our office and let us know as soon as possible. We will need to see you to have your retainers repaired or replaced. The longer you wait to let us know, the greater the chance your teeth will move and the retainers will not fit back into your mouth. If your retainer is still wearable, continue to wear it until we see you. Also, bring in your broken retainer as we may be able to repair it instead of replacing it.

## **LINGUAL WIRE**

The permanent wire on your teeth is not intended for long term retention. After one year of wear, please call Dr. Wiggins office to schedule to have the wire removed. Dr. Wiggins will then make you a removable retainer at no cost to you. Please continue to wear the removable retainer at night in order to maintain your beautiful smile.

If you choose to keep your lingual wire on instead of wearing a removable retainer at night, you will need to see Dr. Wiggins annually at a cost of \$25 per visit for him to check it to ensure no damage is being done to your teeth because of the wire or glue. If your permanent wire should become loose or break, repair or replacement of the wire can be \$125 to \$250 depending on the number of teeth involved. If you do not continue your annual visits, Dr. Wiggins is not responsible for any damage that occurs to your teeth.

**Replacement Retainer Cost: \$275.00 each**

**Lingual wire replacement: \$125 - \$250 (\$25 annually for recall appointments)**

**Now that your braces are off, it is up to YOU to keep your teeth straight forever. Wear your retainers as instructed, this will ensure that your teeth stay as straight as the day your braces were removed!!**

\_\_\_\_\_  
Responsible Party/Guardian Signature

\_\_\_\_\_  
Date

Dr. Craig B. Wiggins, D.M.D.

502-223-1656