



# CLEAR RETAINER

Congratulations! The active phase of your orthodontic treatment has been completed and you are now entering the retention phase. It is very important that we maintain the new positions of your teeth while the bone and supporting tissues have the opportunity to adapt.

Even if you are an adult, there are constant changes taking place with your mouth and bite.

- Please wear your retainer(s) 24 hours per day for one month and evening wear indefinitely or as otherwise directed. Dr. Sadowski will advise you when the wear schedule should change.
- Remove your retainer(s) before eating, but be sure to place them in your case or a safe place. Many retainers are lost due to careless handling or storage.
- Keep your retainer(s) clean by brushing them daily with a soft bristle toothbrush and soapy water.
- If your retainers become broken or damaged, they may not fit properly. This may lead to unwanted shifting of your teeth. Please contact our office immediately should this happen. Additional charges will be incurred for retainer replacements.
- Please understand ALL retainers wear out with time making replacement necessary. Grinding of teeth while retainers are in will result in excessive wear. Cost of replacement is based upon laboratory fees and is the responsibility of the patient. With proper care, a clear retainer can be expected to last at least two years before replacement becomes recommended.

