

# HIGH LINE ORTHODONTICS

## Retainer Care Instructions

Teeth have memory and often move back to their original positions. Teeth also are subject to the changing forces of your tongue, cheeks, lips, and chewing and can move with growth or when there are changes in bone health/metabolism/density with age.

**Retainers are required to keep your/your child's teeth in their new positions. Regular retainer wear is necessary for your lifetime, or for as long as you wish to keep your teeth straight.** Minor irregularities, particularly in the front teeth, may occur as teeth naturally wear. You/your child need retainers to keep teeth as straight as possible, but even with good retainer wear, teeth occasionally may move slightly as your body is a dynamic, always changing organism.

### Removable Retainers

Your removable retainers do not last forever and eventually will need to be replaced. The lifespan of any retainer varies from person to person. Excessive nighttime grinding or rough handling of retainers can cause them to crack or develop wear facets within months. However, with proper care they can often last several years. If this happens, a night guard from your dentist may be helpful. If a retainer is lost/damaged, call our office immediately to schedule an appointment. There will likely be a charge per replacement retainer or repair. If further treatment is required due to unexpected growth or non-compliant retainer wear, additional charges will be applied to correct relapsed tooth movement.

### Care Instruction:

- Wear the removable retainer during sleep time every night: "nighttime for a lifetime" wear will help maintain results.
- If the removable retainer feels tight after not wearing it for several days but it can be seated fully on the teeth, the retainer should be worn during the day as well until it no longer feels tight. This may shift the teeth back into their previous positions and prevent the need for retreatment or new retainers.
- Do not wear removable retainers while eating/drinking to prevent damage to the retainers or teeth.
- Keep the removable retainers in their proper case when not wearing them. Avoid wrapping them in a paper towel. Keep them away from pets and small children.
- Clean the retainers daily with liquid soap and a toothbrush before putting them in and after taking them out. You can also use cold water and toothbrush but avoid soaking them in mouthwash. Please make sure that you brush and floss before putting your retainers in. Do not use toothpaste to clean retainers, it does not clean plastic or acrylic well and can be too abrasive and cause micro scratches.
- Aligner/Retainer cleaners are also available in any stores. Follow the manufacturer's instructions. Recommended brands: EverSmile Aligner/Retainer Cleaner, Retainer Brite. A solution of hydrogen peroxide and water or white vinegar and water can also brighten retainers that have become cloudy and dull in appearance.
- Keep retainers away from sources of heat (hot/boiling water, the dishwasher, furnace, etc.) as the heat will distort them.
- Maintain scheduled retention appointments as prescribed by the orthodontist.
- Bring all removable retainers to retention appointments.
- Maintain regular visits with a general dentist to evaluate general dental health.
- Be sure to monitor growth of third molars (wisdom teeth) as these can cause changes in the bite if they are not covered by retainers.  
See your dentist or orthodontist if third molars begin growing in after treatment.
- Call the office immediately if the retainer breaks, is lost, or is not fitting properly.