

Dr. Sonia Sharma Dental Centre

POST ORTHODONTIC FOLLOW-UP INSTRUCTIONS

Our records show that your orthodontic treatment was recently completed at our office. You were provided with:

- *Removable retainers:* Upper _____ Lower _____
- *Bonded retainers:* Upper _____ Lower _____

Routine retention protocol:

- *24 hours a day for the first 6 months*
- *Night time wear for the next 6 months*
- *Alternate night time wear for the next year*

- *We recommend retainer wear 1 night per week throughout the growing period (up to age 30). Adults may need to continue wearing retainers 2 nights per week for an extended period of time.*

- *For those who have bonded retainers, please ensure proper oral hygiene and flossing (we recommend the flosser-battery operated by waterpik). Should they break please have them re-bonded by your dentist.*

- *The retainers do need to be replaced depending on wear and care. The clear retainers (Essix) may need to be replaced more frequently than conventional retainers (Hawley's). We will be happy to make new retainers if and when they need to be replaced – regular and continual wear of your retainers.*

- *Please be aware that minor tooth movement e.g. rotations, spacing, etc. does happen on a routine bases and is part of post orthodontic tooth movement. You can minimize it by regular and continual wear of your retainers.*

- *Please ensure routine 6 monthly dental check-up, your wisdom teeth or 3rd molars should be assessed for removal around 16-21 years of age.*

We really enjoyed have you as a patient in our office – enjoy your new smile and if we can be of any assistance please do not hesitate to contact us.

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Instructions for orthodontic retainer wear and care:

- *Both the retainers are to be worn 24 hours a day for the first 6 months except while eating and brushing your teeth. Make sure retainers fit very snug tight. Push down with your fingers to ensure a tight fit.*
- *You may have excess saliva for the first few days. Your speech may be slightly altered but you will get used to them within a week.*
- *Keep your retainers clean with water, soap and toothbrush. Clean it at least 3-4 times per day. No hot or cold water or anything abrasive. You may use denture cleaning tablets (e.g. Freedent/Retainerbrite) once or twice per week.*
- *Please do not lose your retainers. Keep them in their retainer box even if you take it out for a few minutes. Common reasons for retainer loss are: leaving them in your pant pockets, wrapping in tissue while eating etc.*
- *Initial retainers are included in your orthodontic fees however if they need to be replaced there is a fee of \$100-150 each, so please be careful with them!*
- *Please be aware that the clear retainers to be replace after 1 year depending on individual care. The conventional retainers (Hawley's) may need to be replaced after 3-5 years.*