

Retainers are Forever

Upon removal of your braces, Dr. Schubert will determine the proper retainers that you will be given. This may include “Permanent” retainers and/or “Removable” retainers. Some patients will need both types.

If permanent retainer(s) are placed, they will be bonded behind your teeth and should be secure at all times. If for any reason your permanent retainer becomes loose, you must contact our office as soon as possible to have it re-attached to prevent any shifting of the teeth.

Retainers are to be worn at ***ALL TIMES*** day and night. Your teeth will rapidly return to their previous undesirable alignment if you fail to cooperate. Final adjustments, space closure and slight rotations are accomplished with the retaining appliances. It is therefore the most important phase of treatment. Please cooperate by wearing your appliance. **Remember, teeth tend to shift with age. We are here to help you prevent and control that shifting. They say, “Nothing is forever.” We say, “Retainers are forever!”**

Removable Retainers

- Place retainers in your mouth by inserting the front teeth between the wire and plastic. Make sure that you fully seat the retainer by using firm pressure. Do not bite the retainer into place.
- The retainers will fit loosely after the first day. Do not jiggle the appliances up and down in your mouth; the wires will break if this is done continuously.
- When removing retainers, use 2 hands and grasps from both sides of retainer. Pulling from one side only can cause breakage.
- Clean by brushing with toothpaste after eating. They may be rinsed with water if brushing is impossible, i.e. lunch period in school. Brush your teeth and gums with retainer out of your mouth. This will help the “plastic” taste disappear.
- Speech will return to normal after a few days of wearing the retainer. If the retainer irritates the gums or cheeks, call for an appointment.
- During meals and sporting activities, the retainers should be in the retainer box at all times to avoid breakage or loss. To avoid losing your appliance, never wrap the retainer in anything, such as a paper napkin or in your pocket. **IF FOR ANY REASON A REPLACEMENT RETAINER IS NEEDED, AN ADDITIONAL LABORATORY FEE WILL BE CHARGED.**
- If tooth grinding or clenching causes breakage a replacement retainer will be necessary, there will be an additional laboratory fee for the replacement retainer.
- Keep pets (particularly dogs) away from retainers as they may chew and/or break them.
- Never place your retainer in hot water as it will melt or deform, making reconstruction (a new retainer) necessary.
- Avoiding chewing gum with retainers in your mouth because it will stick to the plastic.
- Bring the retainer with you to each appointment.
- See your family dentist every six months for routine dental care and checkups.

Retainers will be checked by our office for 12 months following completion of active treatment. After this time, an office visit fee will apply for maintenance checks.