

HOLMDEL ORTHODONTICS, LLC

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Post treatment Instructions

- 1. Wear Retainers as instructed.** Now that your braces are off, it is necessary for you to wear retainer(s) in order to keep your teeth in their new positions. We recommend full time (24/7) wear for the first year. You take them out only to eat and brush and when you play contact sports or swim. Also, do not chew gum with retainers in the mouth. After the first year, you will continue to wear the retainers at night, indefinitely. **If you do not wear your retainers as instructed, the teeth may relapse** back to their original positions, and this could necessitate more costly re-treatment such as putting the braces back on again. When they are not in your mouth, keep them in the case we have provided.
- 2. Keep the retainers clean.** When you brush your teeth, brush your retainers. Rinse the retainers with cool water, never hot water, as it will distort the retainer. Never leave retainer on a tray, table, or exposed to heat. Never wrap it up in a napkin. Keep retainers away from pets or other children. If the retainers develop a residue that does not brush off, you can occasionally use a denture cleaner or Aquablast retainer cleaner, but do not use hot water, or the retainers will distort.
- 3. Don't lose or break the retainer.** If it is lost or broken, let us know immediately. Your teeth may shift unless a new retainer is made for you. There will be a laboratory fee for any lost or broken retainers, so please be careful.
- 4. Keep your retainer check up visits.** We will need to check and adjust the retainers periodically. We would like to check you several times throughout the first two years. Bring your retainers with you to these visits. After the first two years, we will be happy to check the retainers and evaluate the orthodontic result, as needed, for a nominal office visit charge, payable at that visit.
- 5. See your general dentist.** Continue to see your dentist on a regular basis. You should check with your general dentist regarding the disposition of the wisdom teeth.

Remember, following these rules will keep your smile looking great!

Thank you for choosing us for your orthodontic care. Should any friends or family members require orthodontic treatment, we would be happy to treat them!