

CONGRATULATIONS!

(Unsupervised retention)

You have now completed your supervised period of retention following your active orthodontic treatment. The tissues supporting your teeth have had one year to remodel and settle in around your teeth.

Some minor changes in tooth alignment do occur as we age due to external influences. These can include normal tooth wear, trauma, changes in restorations, some tooth-related habits (i.e., clenching, pen-biting) as well as growth changes.

We are leaving you with a set of long-term retainers which you wear to keep the alignment in check.

Nighttime for a lifetime provides the best guarantee for stability, but one to two nights per week is usually enough to maintain tooth alignment and proper fit of your retainers.

During the next year, gradual reduction of wear can be implemented by backing down to 3 times per week for 6 months, then 2 times per week for 6 months and finally 1 time per week by the end of the 2nd year of retention.

We will not be scheduling any further visits for you during your unsupervised retention. If you wish to book an appointment in the future, for us to look at your teeth or to make any additional appliances, please contact our office.

These further visits and/or appliances will be subject to a fee, so please check with the receptionist when booking these visits.