

MIXED DENTITION RETAINERS

Now that you have completed the early phase of your treatment and have had your braces removed, we must stabilize the results with retainers. You will need to wear your retainers every night to maintain space until all primary teeth are lost and the remaining permanent teeth are erupted.

YOUR RETAINER MAY REQUIRE ADJUSTMENTS...

Permanent teeth erupt because they are not the same shape as the primary teeth they are replacing. Please call our office if this happens between scheduled appointments. Always bring your retainers to every appointment so that we may check and adjust them.

YOUR TEETH WILL MOVE IF RETAINERS ARE NOT WORN...

Wear them every night. If you lose or break a retainer, please call our office immediately. **There will be a fee to replace lost or destroyed retainers**

TAKE CARE OF YOUR RETAINERS...

Brush your retainers with toothpaste and cool water. Avoid hot water as it may distort the plastic. As well, you may soak your retainers in a denture cleanser to remove stains and odors. Always store the retainers in the case provided when they are not in your mouth. Never wrap them in a napkin as they can accidentally be thrown away. Keep your retainers safely away from dogs and cats as they may try to eat them.

PROTECT YOUR BEAUTIFUL SMILE!

Visit your family dentist for an examination and cleaning. Brush and floss your teeth thoroughly every day and remember to wear a mouthguard for contact sports.