

KATHLEEN  
**VALENCIA**  
ORTHODONTICS



Congratulations! You have arrived at the finishing phase of your treatment. This is, perhaps, the most important part of treatment, as this will determine how stable your orthodontic result will be. We have all worked long and hard to get to this point, and the responsibility is now with you to carry this result to its desired completion. The importance of this final phase of treatment cannot be emphasized enough.

**RULES FOR WEARING YOUR REMOVABLE RETAINER**

1. To assist you in becoming accustomed to your retainer rapidly, we recommend that you read aloud to yourself at home for an hour to allow your tongue to accommodate to the retainer while speaking.
2. The retainer may be soaked in denture cleaner, like *Efferdent*® or *Polident*®.
3. When brushing your teeth, remove the retainer, hold it in the palm of your hand and scrub it thoroughly with your toothbrush and liquid soap.
4. Your retainer is to be worn at all times except during meals, brushing, active sports and swimming, unless specified otherwise by the doctor. Do not "flip flop" the retainer with you tongue. Be certain when you remove your retainer for meals, that you do not discard it by mistake. You have a small retainer case in which your retainer must be kept anytime it is not in your mouth.
5. Retainers will distort in extreme heat; don't put them in hot water or near a heated surface.
6. Keep retainers away from pets; dogs often chew or eat retainers.
7. Remember, your retainers is an expensive orthodontic appliance. Take good care of it. If they are lost or broken there will be a necessary charge for repairing or replacing them.
8. If your retainers ever give you any problems or they are lost or broken, call the office immediately! Otherwise your teeth may slip back a little and that could mean treatment all over again.

Appointments during retention will be at regular intervals initially and later will be more spaced according to your progress. For the Doctor to assist you in obtaining the best possible orthodontic treatment we must have your continued cooperation. Your teeth relationship, and frequently, your entire facial appearance, will continue to improve over the next eighteen months to two years, as nature assists us by adjusting to these corrected tooth positions. The mouth and the jaws are still growing after the braces are removed. Actually, the teeth are constantly moving throughout life. Also, wisdom teeth are often erupting. All these factors make it absolutely essential that this important phase of treatment be followed very carefully.

As a reminder, your original financial contract includes the cost of this first set of retainers and one year of retainer check-ups which are performed in our office. If further retainer check-ups are necessary after one year, there will be a modest charge for office visits.

There is a replacement fee for lost or broken retainers, or if new retainers are needed because of additional dental work, boding, implant or crown placement.