

Congratulations on entering the final stages of your active orthodontic treatment. Once your braces are removed, the bonded lingual wires placed, and a removable acrylic retainer fitted for your teeth, you will then enter the retention stage of treatment.

Retention with bonded retainers

The bonded retainers are the most efficient and effective method of retention. These are fine stainless steel cable wires cemented behind your top and bottom front six teeth. These retainer wires are very esthetic and comfortable but if the cement becomes thin and wears away, food may become trapped and can result in serious tooth discoloration or aggressive tooth decay under the loose cement of the retainers.

If you suspect the wires or cement have loosened, contact our office to arrange an appointment. An indication that the retainer wires have become loose may be: a sharp edge felt by your tongue, the retainer wire and cement will ride up and down your tooth, or you may find your tooth/teeth begin to shift. Also through your regular dental check-ups with your Family Dentist and Hygienist, they are able to detect any problems with the wires or cement. We will also provide you with a disposable mouth mirror. This can be used to view the wires by standing in front of a full size mirror to check for any suspected changes.

We recommend that these lingual wires remain in place as long as is practical. Like fillings that crack or fall out, the wires will need to be repaired. There will be a charge for the repair.

The removable retainer is typically worn on the top teeth. This retainer is to be worn every night. The long term intention of the removable retainer is that it should fit properly at all times, so if the wires behind your teeth loosen or your teeth begin to shift, this retainer can be worn all day and all night until such time that an appointment can be arranged at our office.

You will be instructed in the care, cleaning and flossing of your teeth and the retention wires by the staff. You will need to regularly floss around your lingual wires where you are able to floss. A water pik is also useful. It is your responsibility to follow these instructions to prevent cavities and gum inflammation. Please contact the office in six to eight months for a follow-up check-up appointment. Following the removal of your braces, if you have any concerns, **DO NOT WAIT**, please call the office immediately to discuss your concerns and arrange an appointment as required. **Remember to bring your removable retainer with you to all check-up appointments.** This retainer may require minor adjustments for continued comfortable wear.

Retention without the bonded retainer

An option frequently used in other orthodontic offices for retaining teeth once the braces are removed is removable retainers. Almost all patients experience some or considerable shifting with removable retainers. They are quite often not worn as many hours as required and can alter speech considerably when worn. As well depending upon the original position of the teeth and the shape of the teeth, there is a greater probability of shifting or repositioning of the front teeth even when the retainers are worn well. For example when the eye teeth are moved from the palate down into the arch or when upper second incisors are moved forward from behind the other front teeth. These teeth may shift back even with regular wear of the removable retainer. This option of retention is not a recommended practice in our office.

Retention check-ups

Once active orthodontic treatment is completed (braces removed and retainers placed), charges will apply for all future check-up appointments. A fee will also be applied for broken or lost removable retainers and for the repair of the bonded retainers. The fee will be assessed at the time of the appointment. The original orthodontic fee for active treatment does not cover any expenses once the braces are removed and retainers placed.

Your teeth are straightened and aligned in accordance to the shape and size of your teeth and the available space in your mouth. As mentioned in the "Limitations of Orthodontic Treatment" (this handout was given at the start of treatment), each patient's teeth are unique and have their own shape and size. Your bite is aligned to the best of our ability to help with stability in retention. As a natural part of aging, your teeth will want to shift, therefore wearing the removable retainer as instructed is important.

Print patient name

Patient Signature if 16 years or older

Date

Parent signature – I accept responsibility that both parents have read the above information.

THANK YOU FOR CHOOSING US FOR YOUR ORTHODONTIC CARE

ENJOY YOUR SMILE