

Instructions Following the Completion of Active Orthodontic Treatment (Retention)

Congratulations, you have just completed the active phase of your orthodontic treatment! We are now entering an equally important phase, the retention of the positions of the teeth and jaws.

Retainers are designed to help prevent the tendency of the teeth to relapse back to their original positions.

INSTRUCTIONS

- For the first 3 months, wear the appliance full time (except for eating and brushing).
- Then, for the next year, wear it only at night
- For the next 6 months, continue to wear the appliance every other night
- Finally, for another 6 months, wear it 2 nights a week
- If at any time you feel that the appliance is becoming tighter, revert to the preceding step for another 6 months.

NOTE

Teeth movements will occur throughout your life. Incisor crowding is part of the normal aging process.

If you wish to keep your teeth in this same position, we suggest you continue to wear this appliance for the rest of your life.

Date of removal:

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