



## ORTHODONTIC ASSOCIATES, LLC

- **RETAINERS ARE FOREVER!**
- You have been given two types of retainers, a night-time clear retainer to be worn every night, and a bonded retainer on your front teeth
- Night-time retainers **ARE THE MOST IMPORTANT!** Wearing them every night will guarantee you teeth are **ALWAYS STRAIGHT.** Less wear than every night may allow your teeth to move.
- Bonded retainers will help keep your teeth straight, as many people are not able to wear retainers every night. Bonded retainers are not a substitute for the night-time retainers, and teeth still can move if you stop wearing your night-time clear retainers.
- Clean your retainers with a normal toothbrush and toothpaste. Rinse thoroughly. If they develop an odor, antibacterial soap and room temperature water is the most effective way to clean. Rinse thoroughly after. **DO NOT SOAK IN MOUTHWASH. DO NOT USE HOT WATER TO CLEAN.** The alcohol in mouthwash will ruin the retainers. Hot water will distort them and ruin them. The only adjunct cleaning tablets we recommend are Retainer Brite. We do not supply them, but can be ordered off Amazon for \$18.00 for 90 tablets.
- If you are an adolescent, we will actively monitor you for 18-24 months or until your wisdom teeth can be evaluated. If you are an adult, we actively monitor you for 18-24 months.
- Our retainer policy is meant to reward compliance; We do not charge to repair a bonded retainer in the first 2 years of monitoring. During the first 2 years of monitoring, we do not charge to replace a removable retainer as long as the original retainer fits and is present, or if any dental work is done and it does not fit.
- If you lose or break your removable or bonded retainers, we do charge a replacement fee.
- Once you have been released from active monitoring, we charge for a nominal office fee to cover our costs in addition to any other services that need to be rendered.