

— DR. WAX —
ORTHODONTICS

Retainers 101

Instructions and Caring For Your Retainer

- Just like everything else in the body, teeth will try to shift and move as you get older. Retainers must be worn to prevent shifting.
- Your results are heavily dependent on compliance and following instructions. The most important thing with retainers is wearing your retainers full time, including while you sleep.
- Take your retainers out only when you eat and brush your teeth.
- After 1 year you can reduce wearing your retainers to night time only. Continue to wear your retainers at night indefinitely to prevent shifting of your teeth. (Nighttime for a Lifetime)
- Clean retainers with a toothbrush, but do not use toothpaste or mouthwash. Toothpaste can cause scratching and mouthwash can cause staining. We recommend soap and water to clean your retainers or denture solution. Be sure to clean the inside and outside of your retainers.
- Keep your retainers out of reach of pets. They love to eat your retainers.
- Always bring your retainers to each appointment.
- Please call us right away if you lose or break your retainers, or if they no longer fit properly.
- There is a replacement fee for any retainers that are lost, broken or have fit issues. A replacement fee is due prior to new retainers being made.

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Retainer Insurance Program

Peace of Mind for a Lifetime

Wearing your retainer is an essential part of ensuring your straight smile stays that way forever! If you don't wear your retainer, your teeth will continue to shift throughout your lifetime.

Retainers do not last forever. They will need to be replaced from time to time. How often they will need to be replaced depends on the amount of grinding, clenching, chewing habits, losing them and/or breakage.

- Do you have a dog? They love to eat retainers.
- Does your child lose things easily?
- Does your child go to sleep-overs, go to Grandma's house, or play sports where things are thrown into a bag?

Having a backup plan in place will help alleviate the cost for replacements down the road.

Because we are committed to giving our patients amazing smiles to last a lifetime, we offer a Retainer Insurance Program.

This amazing program helps to minimize the cost of replacing retainers and the chance of having to re-enter orthodontic treatment to correct teeth that have shifted.

We offer several payment options. Ask about our Retainer Insurance Program today!



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