



Long-term Retention

After having your braces removed it is very important to wear your retainer(s) as instructed. **Only you can keep your teeth straight from this point on.** Here is what you need to know about keeping your teeth aligned:

There is no specific end-point to your retention period. A realistic approach is to view retainer wear as necessary for the indefinite future.

Wear the retainers every night to keep them fitting. If they still fit well, the teeth have not moved much.

Your teeth will move if you don't wear your retainers. If you choose to discontinue wearing your retainers, you must assume responsibility for any tooth movement. If the teeth shift, the only way to recover could be through re-treatment and additional expense.

Retainers are like eyeglasses, contact lenses, or any other personal item that is worn daily - they will wear out. If you feel that your retainers are worn out, please call our office. We will be happy to provide you with a new retainer. There will be a charge to replace retainers.

You must continue to see your dentist regularly to protect your investment in dental health. If you have wisdom teeth, please have your dentist monitor these and treat as necessary.

“Taking responsibility for whatever happens to you is right, simply because it makes your life work better - the only reason for doing anything.”

H. Samm Coombs