

# Retention (during mixed dentition)

PERFECT SMILES ORTHODONTICS



## Retainer Appliances:

Now that you have a Retainer Appliance, you may have some questions you would like answered:

## What is a retainer and how important is it that I wear it?

- Once you have worn your plate for 9 months (to fix your teeth and bite), you must wear a retainer at night to make sure that they stay in the right place.
- If you do not wear a retainer, your teeth and bite will move back to their original position. If this happens it can be difficult and costly to correct.
- This retainer can be the same plate that you have worn from the start– if you have kept it in good order.

## For how long do I have to wear my retainer?

The retainer must be worn (every night) until ALL your adult teeth have erupted.

If you need braces in the future, your retainer will be worn until the braces are fixed onto your teeth.

## When do I wear my retainer?

You must wear your retainer EVERY NIGHT from 7pm to 7am.

If you have a Headgear, this must be worn 3 nights a week (preferably on Monday, Wednesday and Friday nights).

## What happens during the retention period (for mixed dentition)?

During the retention period:

1. Dr. Chin will see you every 9-12 months for a review to check that your adult teeth are growing properly.
2. X-rays and photographs may also be taken during these reviews so that we can accurately track

## What about keeping the retainers clean?

The retainer must be cleaned daily with hand soap and cold water. Failure to keep your teeth and retainers clean will cause permanent scarring of your teeth. You must see your family dentist or school dentist for regular check-ups.

## What happens if my retainers break?

If your retainer breaks, you must call our office as soon as possible so that we can repair it for you. Do remember that we have to take a new impression of your mouth and there will be a lab charge for the new retainer.

## Upper Removable Retainers

