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## NEW RETAINER

Now that your braces have been removed you will need to wear a retainer to keep that perfect smile. Many factors influence how long someone needs to wear their retainer. The best recommendation is to wear your retainers for as long as you want your teeth to stay straight.

### PURPOSE OF RETAINERS

Imagine your teeth as having a memory of their own. They will have a tendency to want to move back to their old position. Typically it will take between 8-12 months for your teeth to become stable in their new formation. While this process is taking place, the retainer is used to help train your teeth to stay in their ideal position. This will give the bone around your teeth time to form around your teeth in their new position.

### WEARING SCHEDULE

PHASE 1 8-12 months	Wear retainer every day, 24 hrs/day Remove only when eating and brushing your teeth
PHASE 2 12 months	Wear retainer every night Minimum 8 hrs/day
PHASE 3* Variable	At minimum, wear retainer every other night or as often as needed to maintain the fit of your appliance.*
PHASE 4*	This Phase will begin the gradual transition to less frequent use of the retainer. The times you wear the retainer may be slowly reduced from every second night to every third night, and so on. <b>The key is to increase frequency of wearing the retainer if it starts to feel tight. *</b> At minimum, you should try-in and wear your appliance once a month for the rest of your life.

**\*If your retainer feels tight when you first insert it, increase the frequency you wear it until the retainer slightly loosens and feels comfortable again.** Use this test as a gauge to determine the frequency for future wearing of your retainer.

WEARING YOUR RETAINER REGULARLY WILL PRESERVE YOUR PERFECT SMILE

This form is provided for information and education purposes only.  
Please use it for your benefit and contact our office if you have any additional questions.