



What's Next?

Wearing your retainer during the maintenance and retention phase is just as important as all the hard work during your active treatment!

Always a Freels Patient

Re-treats (getting braces or treatment again) due to relapse or shifting will always be available to you at a discounted rate.



POSSIBLE SHIFTING

Even as little as 1-3 days without a retainer can cause unwanted shifting.



BRING YOUR RETAINER

Keep your scheduled retainer check-ups and always bring your retainer with you.



FACTS

Flipping your retainer in & out with your tongue can cause breakage. Repairs are an additional charge.

To avoid cracks in your retainer you must remove it properly.



REPLACEMENTS

Each retainer replacement requires either an intra-oral scan on file or a new impression (by appointment only). There are several types of retainers available contact our office for a retainer replacement quote. You will require a consult if you have been out of braces for more than 1 year, before having a replacement made.



DID YOU KNOW?

Our office has whitening kit bundles available for patients and their family members!

Order an intra-oral scan to keep your smile on file! \$100 will keep a digital copy of your teeth available for retainer replacements!

Retainer Use Schedule

- Wear it all day and night only remove it to eat and brush your teeth. Do this for the first 6 months after your braces are removed.
- After 6 months, Dr. Freels will switch you to nighttime use only (to wear while you sleep). Do this for an additional 18 months.
- After 2 years, you can wear it at night while you sleep at least 2-3 times per week. If it feels tight or uncomfortable wear it more consistently to avoid unwanted shifting.

Cleaning your retainer

- Your retainer should have its own toothbrush separate from what you use to brush your teeth.
- Clean your retainer with water and antibacterial hand soap.
- Use scrubbing motions on all sides then rinse thoroughly.
- Dry and protect in it's case.

Removing your retainer

- Place both index fingers in your mouth one on the left and the other on your right side. Reach for the back of the retainer and apply even force to both sides as you push down. Do not snap one side and then pull on the other to remove -this will cause irreparable damage to the retainer.

TIPS

- Keep your retainer away from PETS!
- Never wrap your retainer in a napkin or tissue.
- Don't wash your retainer in hot water or boil it.
- Avoid leaving it out in the sun or hot car.
- Do Not put your retainer in your pocket.



BONDED PERMANENT RETAINERS

Your lower bonded retainer is a small titanium wire that has been customized to fit the back of your teeth. It's affixed to the back of your teeth with 6 small adhesive pads (one pad per tooth). Your lower teeth are more prone to shifting and a bonded retainer provides added protection.



DO NOT DRINK CARBONATED BEVERAGES WITHIN 24 HOURS OF BONDING YOUR LOWER RETAINER



BE CAREFUL WHILE BITING DOWN

Do not bite down on something directly (ex: biting down on an apple or corn on the cob). The direct pressure can cause the retainer to become loose or break.



FACTS

Your bonded retainer is long-lasting but not indestructible. Even a short amount of time without fixing it can cause discomfort and/or shifting.

Flossing your retainer will take extra time but is necessary to avoid a build-up of tartar.

We suggest that bonded retainers remain indefinitely. This may or may not require occasional re-bonding or touch-ups to maintain. If you choose to have it removed you may contact our office or your dentist.

Do Not Attempt to remove on your own, even if it falls off bonding remnants will remain.

Retainer Use Schedule

- This retainer has a safe long-lasting bonding that with proper care will last for several years. Each person has different eating/oral habits and there is no guarantee of the length of time the bonding will endure.

Retainer Care

- To floss, use a floss threader or Superfloss® to work behind the wire then through to properly reach the gum line to floss. Remove gently.

To Replace

- Call our office to schedule an appointment
- Consults are required if it has been a year since your braces have been removed.