



RETAINER INFO AND AGREEMENT

1. All Patients get a Clear Removable Retainer (or 2) when their braces come off.
2. Removable retainers can keep your teeth straight but they need to be worn for 6 months full time (except while eating), then every night while you sleep for 1 year. After this, wear the retainer(s) for 3 nights per week **FOR THE REST OF YOUR LIFE.**
3. If the removable retainers are lost or broken there is a fee of \$150 per retainer.
4. We recommend **BONDED REATAINERS** for all of our patients. The bonded retainer is a small wire that is bonded to your front 6 teeth and holds your front 6 teeth in place. This allows you to **NOT** wear your removable retainers everyday. The back teeth are **NOT** held by the permanent retainer. The back teeth usually don't move in a manner that effects the look of your new smile. They do tend to settle into your bite a bit better as time goes on.
5. You will not be able to floss normally in between your front 6 teeth if you have the bonded retainers. You can use a tooth pick or a stimudent to clean between your teeth by the gums. You may be able to thread floss under the bonded retainers. Every few weeks, check to make sure that you still can get floss through these areas.
6. If you begin to notice any unwanted tooth movement, wear your removable retainers until you are able to come in to see Dr. Le or your regular dentist.
7. The bonded retainers are meant to be in your mouth for as long as you want your teeth to stay straight. They are guaranteed for 5 years but should last much longer. They are easy to repair if one or more areas of the retainer become unglued.