

Dear patient,

You have now had your braces removed and you have been given your "invisible" retainer(s).

Following is some important information in relation to your retainer(s) and the retention phase of treatment that you are entering.

1. Wear your retainer(s) **all of the time** for the next three days. Remove them only for eating, drinking, brushing your teeth, any sports or swimming.

2. After the first three days the retainer(s) must be worn for **12 hours per day**. To achieve 12 hours per day, they will have to be worn after school and throughout the night.

3. Clean the retainer(s) with toothpaste and brush them using cold water. Never wash the retainer(s) with hot water as this can cause distortion.

4. Holes may appear in the biting surface. These do not stop the retainer(s) from effectively holding your teeth in the correct position. However, cracks or splits in a retainer will require assessment by us.

5. There is no charge for your initial retainer(s). Unfortunately, a fee must be charged for any further retainers.

6. Please bring your retainer(s) to each follow-up visit.

7. Notify us immediately if you break or misplace your retainer(s). Should anything cause you not to wear your retainer(s) let us know as we cannot be responsible for any changes which might occur in the absence of adequate retainer wear.

8. Generally the retainer(s) will be worn for 24 months for 12 hours everyday. After 24 months we will reassess the ongoing need for retention but, as we discussed, the continued maintenance of the result we have achieved together is now your responsibility. Continued retainer wear in some capacity is an excellent idea and the results will be rewarding. There will come a time when you do not wish to wear your retainer(s) anymore and this is the time you must be prepared to accept that your teeth can undergo some movement.

**9. It is important that you maintain your periodic dental examinations with your general dentist.**