

ALL ABOUT YOUR RETAINERS

NON-PERMANENT RETAINERS

ACE or TYPE C
(Upper & Lower)



THIS IS YOUR:
 Upper Retainer
 Lower Retainer

WIRE WRAP
(Upper & Lower)



THIS IS YOUR:
 Upper Retainer
 Lower Retainer

PHASE 1 HAWLEY
(Upper Only)



THIS IS YOUR:
 Upper Retainer

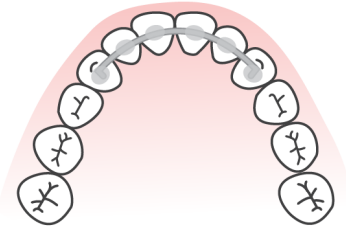
LOWER SPRING
(Lower Only)



THIS IS YOUR:
 Lower Retainer

PERMANENT RETAINERS

UPPER PERMANENT RETAINER



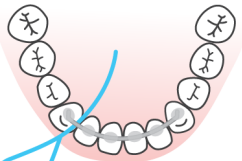
This is your upper retainer

LOWER PERMANENT RETAINER



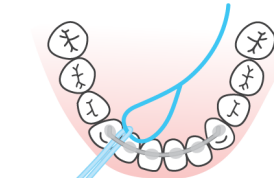
This is your lower retainer

HOW TO FLOSS WITH YOUR PERMANENT RETAINER(S)



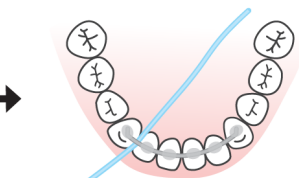
STEP 1

Guide straight end of floss threader under the wire of your permanent retainer.



STEP 2

Pull floss threader through until floss is under the wire of your permanent retainer.



STEP 3

Remove floss threader and floss teeth as normal. Repeat these steps for each tooth.

WHY DO I NEED A RETAINER?

Retainers prevent the teeth from moving back to their original position. In order to stabilize your treatment results and keep your teeth straight, you will need to wear your retainers as Dr. Goldreich has instructed.

HERE'S WHAT WE WILL DO

- **Provide you with one set of retainers for the top and bottom teeth.** If you lose or break your retainer(s), it is imperative that you have another one made, as your teeth will shift.
- **Carefully supervise the wear and care of your retainers for the first six months following the removal of your braces.** When appropriate, office visit charges may apply after the six months.
- **Schedule the necessary appointments.**

HERE'S WHAT YOU NEED TO DO

- **Return to your family dentist for an examination and cleaning 6 weeks after your braces are removed.** Brush and floss daily to protect your beautiful smile.
- **Wear your retainers as instructed by Dr. Goldreich.** If your retainers are worn as instructed, your teeth will not move. Dr. Goldreich recommends that you wear your retainers for as long as you want your teeth straight.
- **Take care of your retainers.** Clean your retainers with cool water, mouthwash and a toothbrush. Once a week, soak them in retainer/denture cleaner. Never place your retainers in hot water. When not wearing your retainers, store them in the case we provided. Do not wrap them in a napkin, put them in your pocket, etc., as this could result in them being thrown away or lost. Pets love to chew retainers, so be sure to keep them out of reach.
- **Call us immediately if you lose or break your retainer.** Teeth will move if retainers are not worn.
- **Keep your appointments.** Be sure to bring your retainers to every appointment so we can check and adjust them as necessary.

24/7 Wear

PM Wear



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