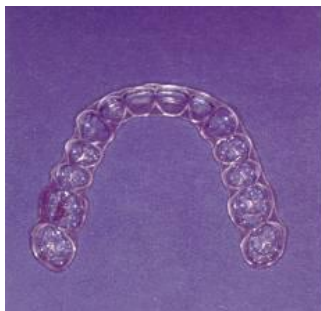


### RETENTION PROGRAM INFORMATION

Congratulations on the completion of your orthodontic treatment and on your new beautiful smile! We are now ready to enter the retention phase of treatment, which is just as important as the active phase of orthodontic movement. To better serve our patients, we offer a few options as to how they would like to have their retainers placed. Before deciding on which option you prefer, we would like you to know some basic information about retention in general, as well as our individual retention program.

- 1.) **HOW LONG DO I HAVE TO WEAR MY RETAINERS?** Retention is an indefinite phase that will require long-term care and responsibility by the patient. The mouth is very dynamic, and constantly functioning. We now know there is no such thing as a completely stable result. In fact, studies have shown that teeth continue to shift throughout life, whether a person has had braces or not. However, proper retainer wear will minimize any minor shifting that occurs. We usually recommend full-time wear of the retainers for the 6 months after treatment, followed by wearing them at night-time only for 1 more year. After 1 ½ years, the patient should then slowly decrease the wear according to their individual needs. This may include wearing every other night for a few months, then every third night, etc. The important factor is to wear the retainers as often as is required to keep the retainers fitting. **THIS MEANS FOREVER!** If they get tighter, the teeth are shifting and they must therefore be worn more often.
- 2.) **HOW OFTEN DO I NEED TO COME BACK FOR RETENTION CHECKS?** Our original treatment fee included 1 1/2 years of retention follow up visits after your complete braces are removed. This consists of seeing the patient in one month, then five months, and lastly one year. It is very important to keep these appointments so that proper adjustments can be made! After that period, we will dismiss the patient and they will then be placed on a “see as needed” basis. Please understand that there will be our normal office visit charges after 1 1/2 years of retention has been completed.
- 3.) **WHAT ARE THE DIFFERENT TYPES OF RETAINERS?** Retainers can be described as being either: “fixed” or bonded to the inside of the teeth (for the lower only, because the bite of the teeth usually prohibits a bonded retainer on the inside of the upper); or “Removable” (can be removed by the patient to facilitate cleaning of the teeth, for the upper and lower) . The lower retainer can therefore be either fixed or removable. There are advantages of each type that should be considered before choosing which you prefer (see back).



REMOVABLE (ESSIX)  
**UPPER ONLY**  
6 mos full-time, 1 yr nights



REMOVABLE (Hawley)  
**UPPER or LOWER**  
6 mos full-time, 1 yr nights



**FIXED OR BONDED**  
**LOWER ONLY**

**REMOVABLE RETAINER**

ADVANTAGES:

- 1.) Easier to keep teeth clean, since can take in and out.

DISADVANTAGES:

- 1.) More likely to lose and for teeth to shift. If new retainers were needed, additional charges would occur. (\$275 -\$350)

**FIXED OR BONDED RETAINER.**

ADVANTAGES:

- 1.) Better at holding teeth alignment since each tooth is held to a wire.
- 2.) Less likely to lose, which would require replacement retainer fee (\$275 - \$350)
- 3.) Can wear indefinitely, as long as can keep clean.

DISADVANTAGES:

- 1.) More difficult to clean teeth, since requires floss threader and diligence.
- 2.) Retainer can still loosen which would require additional repairs and charges. (\$75 first tooth, \$40 each additional tooth, per incident)
- 3.) May eventually require removal and placement of removable retainer to insure stability, at additional charge (\$275 - \$350)

4.) **WHAT HAPPENS IF I LOSE OR BREAK MY RETAINER?** It is very common for retainers to break at some time in the future, due to normal wear and tear (nothing lasts forever). Likewise it is common to misplace retainers. It is very important to contact our office immediately if either should occur to schedule an appointment. Please don't wait until the teeth have shifted, because new retainers may not be enough to restore your teeth to their original alignment. There will be our usual customary charge for repair or replacement, as needed.

5.) **WHAT HAPPENS IF I DON'T WEAR MY RETAINERS AS DIRECTED?** Once teeth have relapsed due to failure to wear retainers as directed, braces may be needed to once again correct the alignment. This would involve additional expenses. Please prevent this by wearing the retainers as directed, or calling us as soon as a problem is detected.

6.) **HOW DO I TAKE CARE OF MY RETAINERS?** Please be careful when cleaning, as rough handling can damage the removable retainer, or loosen the bonded retainers. If damage occurs this will result in increased costs to repair or replace. Also please store in proper container to allow for protection of the retainer(s).

We are very proud of our results, and strive to maintain these as best as possible through a proper retention program. It is important to stress the importance of the patient's responsibility to adhere to our instructions regarding checkups, wear of the retainers, and care of the retainers.

We appreciate your understanding that although retention is an indefinite length of time, our fee included one set of retainers, and 1 1/2 years of check-ups. As a result, additional charges will be incurred as additional care is rendered. These will vary, depending on need. Thank you for allowing us to provide such an important service to you and your family.

I have read and understand (our) responsibilities regarding the retention program, including additional charges as needed.

Patient \_\_\_\_\_ Date \_\_\_\_\_

Parent/Responsible party \_\_\_\_\_ Date \_\_\_\_\_