

## RETENTION INSTRUCTION

- Removable retainers are generally worn full time for 1 year (except eating), then worn at night for at least 2 more years.
- Bonded retainers are generally maintained for at least 3 years.
- A determined commitment to retainer wear is crucial to ensure the teeth do not return to pre-treatment position.
- The fee for 3 years of retention follow up is included in the treatment fee. There may be additional charges for appliance repairs or to replace broken/lost retainers.
- The orthodontist will review the post-treatment records and make recommendations to the family dentist regarding wisdom teeth. Most orthodontic patients do eventually require wisdom tooth extraction.
- Many patients choose long term retention and continue with retainers beyond 3 years. At the end of the 3 year retention period, the bonded retainer is either left in placed and a shell retainer is recommended as a replacement. Thereafter, the retainers can generally be managed in the family dental office.
- Appointments beyond 3 years will be charged a re-evaluation fee.
- We encourage patients to continue regular dental care with their personal dentist.