

LONG-TERM RETENTION (Shell Retainer)

What does it do?

The appliance maintains tooth position.

What does it look like?

The shell retainer is a thin layer of clear plastic that covers your teeth.

How long should I wear it?

It is recommended that you wear your shell at night once a week as teeth are constantly moving and shifting throughout your lifetime. It is easier to remember to wear the shell if it is worn the same night every week!

What are my responsibilities?

- The shell is very fragile, so please keep it in the retainer case when it is not in use.
- Handle it gently when you are brushing it. Rinse with cool water only.
- Should you lose or break your shell, please see your regular dentist or our office to have it replaced.
- *An additional fee will be charged if the shell is lost or broken.*



No further regular appointments are required

IT HAS BEEN A PLEASURE TAKING CARE OF YOUR ORTHODONTIC NEEDS.