

## RETENTION

### Congratulations on the removal of your braces!!

- Your retention with Align Orthodontics consists of a **2 year period** that was included as part of your treatment fees.
- A determined commitment to retainer wear is crucial to ensure the teeth do not return to pre-treatment position.
- It is recommended that your **removable retainers** are worn **full time for a one (1) year period**. The reason for this is it takes a full year for the bones around the roots of your teeth to solidify and become stable in that new position.  
The **second year** you will be instructed to go to **night time wear only** (approximately 10-12 hrs.).  
After this 2 year period we encourage our patients to continue wearing their retainers 1-2 nights a week for long term maintenance of your orthodontic treatment.
- We recommend **bonded retainers** be maintained indefinitely provided it is not causing any dental issues. After a 2 year period, our patients have the option of leaving the bonded retainer in place but are encouraged to have regular cleanings and check-ups with their family dentist to maintain good oral health. The other option is to remove the bonded retainer and replace it with a removable retainer which can be managed by your family dental office. Talk to your orthodontist near the end of your retention period to assess what option is best suitable for you.
- After your braces come off, your orthodontist will review your post-treatment records and follow-up with your family dentist in regards to any future recommendations and/or wisdom teeth concerns. Most orthodontic patients do eventually require wisdom tooth extraction.
- We welcome you to contact us beyond the 2 year retention period with any concerns; however, there will be a re-evaluation fee beyond this point.

**IT HAS BEEN A PLEASURE TAKING CARE OF YOUR ORTHODONTIC NEEDS!**