



Life After Braces

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Congratulations! You have successfully completed your orthodontic treatment. All of your hard work has paid off and now is the time to enjoy your new smile. Although your active treatment is over, there are still some things to do to make that smile last a lifetime

Proper use of retainers is the key to maintaining your current smile. Starting the day you get your braces removed you should wear your retainer around the clock for the first six weeks. You should only take your removable retainer out to eat, brush and floss your teeth. We are providing you with a few different tools to help accomplish this task. Lingual wires are extremely effective at maintaining the current spacing and alignment of your teeth. Lingual wire retainers are **NONREMOVABLE**, bonded retainers that are attached along the lingual, or tongue-side, of anterior teeth.

If your lingual wire retainer ever becomes loose, please call our office as soon as possible to schedule an appointment to have it repaired. In the meantime, it is best to wear your clear overlay retainer in its place. It should fit firmly over your lingual wire. Clear overlay retainers are plastic retainers that many patients prefer to wear during the daytime because they are less visibly obvious. The retainer most frequently used is the traditional Hawley retainer. Hawley retainers have a wire across the front teeth and an acrylic portion covering the roof of the mouth with metal clasps locking it in between the premolars.

Once you have had your braces off for six weeks, you may begin to wear your retainer at night. Always bring your retainers with you to your dental visits. If your retainer ever feels like it does not fit properly, schedule an appointment with us at once for an adjustment. We will also schedule appointments to keep up with your maintenance after treatment.

- For lower teeth we can use the bonded lingual wire retainer. Keep the clear lower tray in a safe place to use if your permanent retainer gets loose.
- You can use the flexible upper and lower bleaching trays for 20 minutes to 1 hour during the day for a few weeks. At night you should wear your retainer.
- After one month you can wear your upper retainer just at night.
- One month after braces are off we may do an in-office bleaching appointment.
- Always bring your retainers to your appointment to check the fit.
- Follow Retainer care and cleaning instructions.
- Retainer fees? We want to help. Your first set is included.

