

Removable retainers



D^{re} Sonia Lapointe
514 845-0550

A smile for life...

Following orthodontic treatment, it is mandatory to wear a retainer as long as possible to prevent teeth from moving. Without retainers, your teeth tend to move towards their initial position.

How does it work ?

Wear your retainers 24 hours a day for a period **one month**.

Remove your retainers only for eating and while brushing your teeth.

During the second month, reduce hours gradually until you wear the retainers only at night.



Each time you put your retainers on, pay attention to the pressure you may feel on your teeth :

- ▶ No pressure or a small pressure lasting a few minutes is considered normal.
- ▶ A pressure of more than 5 minutes is an indication that your teeth tend to move and go back to their initial position. It is then very important to wear your retainers for a longer period of time. You need to adjust accordingly of what you feel on your teeth.
- ▶ The long term goal is to wear your retainers only at night. A normal progression means approximately 2 to 4 months before reaching night time wear.

WARNING! The teeth remember...

Teeth are a living and dynamic tissue. All teeth have the ability to move after treatment, and this for a lifetime. It is a natural phenomenon present in all people, even in people who have not received orthodontic treatment. This memory is imprinted in all living tissue and it is impossible to know for how long it will stay. So the day you decide to stop wearing the retainers, you take the risk that your teeth will move.



Wearing your retainers on a long-term / lifetime basis is the best way to keep your smile perfect. It is your responsibility.

Modifications to the teeth :

Any changes to the shape of the teeth (for example, adding a diamond, repair cavities, crowns, veneers, bridges...) may cause the need for a new retainer. Please be careful ! Call us, we will be happy to check your retainers.

Maintenance :

Soak your retainers in pure vinegar or a solution for orthodontic appliances (available in drugstores) few times a week. The use of toothpaste is not recommended, the use of mouthwash is optional.

Always store them in the container we provide, never in a handkerchief. Do not put them in your pockets and keep them out of reach of pets because they love them !

Breakage or loss of retainers :

If you loose or break your retainers, it is important to call us as soon as possible in order to make new impressions. Replacement costs are 80 \$ each retainer (top or bottom).

Note that small cracks or perforations at the tip of the teeth may occur; it is usually normal wear. They do not interfere with the efficiency of the retainers. Feel free to contact us in case of doubt.

Congratulations on your new smile !

Dr Sonia Lapointe and her orthodontic team