

CENTRAL LAKES ORTHODONTICS
DR TODD ANDERSON
PH. 320-762-2101 (ALEX) OR 218-631-4529 (WADENA)

Congratulations on the completion of your orthodontic treatment! You are now in the retention phase of your treatment. It is very important that you follow guidelines from Dr. Anderson and the staff of Central Lakes Orthodontics for retainer wear and care so that you may enjoy your new smile for many years to come. We strongly advise you to see your dentist shortly after braces removal for an exam and dental cleaning.

Guidelines for wear and care of removable retainers:

- Closely follow instructions from Dr. Anderson and the staff on how often and when to wear retainer
- Immediately following removal of your braces you will be instructed to wear the retainer “full time” which means during the day during routine activity and sleeping
- Retainer should be removed for eating, brushing, band, choir, athletics, water and snow sports
- When the retainer is not being worn put it in its case to protect it
- Bring your retainer(s) in with you to your retainer check appointments so that the fit may be checked
- Keep your retainers clean by brushing or by using cleansing tablets
- Keep retainers from excess heat, i.e.- do not boil to clean and don't leave retainer on dashboard of car
- Keep your retainer away from small children and pets-dogs love to use them as expensive chew toys!!
- If you lose or break your retainer call our office as soon as possible

Don'ts

- Don't put retainer in pocket or gym bag unless it is in protective case
- Don't wrap retainer in napkin and place on food tray at school or restaurant-you will likely be “Dumpster Diving” looking for your lost retainer!!!

Guidelines for care of your fixed retainer (retainer on the back of your lower front teeth):

- Keep retainer in place as long as possible-long term retention is important to keep your teeth straight
- Instructions for cleaning will be given to you and floss threaders provided to aid you in keeping your teeth and gum tissue healthy
- If you feel pressure on your lower front teeth that last more than a few hours or is painful contact our office
- If your retainer comes loose from your lower teeth contact our office-it usually can be repaired quickly and easily at no cost

Don'ts

- Don't bite into hard/sticky foods i.e. carrots, apples, beef jerky, caramels, with your front teeth
- Don't throw your retainer away if it comes completely loose from your teeth-it often can be reattached at no cost

Enjoy your new smile!!!