



Slip Cover Clear Retainers

CONGRATULATIONS!!! Your big day has finally arrived and your braces have been removed. We know that you are excited and proud of the effort you have put forth to achieve your new smile; however, your work is not finished. Your teeth must be retained or held in their new positions until the bone, gums, tongue and lips have adapted themselves to the new tooth positions. If you do not make an effort to retain the teeth following orthodontic movement, they will tend to move back to their original positions. You have been fitted with delicate plastic appliances called Slip Cover Retainers, which are custom designed and constructed for each patient. Retainers must be relatively thin in order to have a minimal effect on speech, so they must be handled with care to avoid breakage. While your first set of retainers is included in your original fee, an additional charge will be made for lost or broken retainers or for replacing retainers that do not fit properly due to improper wear.

WHAT TO EXPECT:

- Your teeth may be uncomfortable for one or two days, similar to when your braces were adjusted.
- Speech may be affected for a short period of time while you adapt to wearing your retainers.

INSTRUCTIONS FOR WEARING RETAINERS

- During the first month: wear the retainer(s) 18-20 hours out of a 24 hour day unless instructed differently by the doctor.
- We will instruct you after four to six months to reduce wear to night time only.
- A fine emery board can be used to smooth rough or irritating edges.
- Remove your retainers for eating, brushing, flossing and for athletic activities which may jar your retainers out of your mouth.
- While wearing the retainers, do not chew gum because it sticks to the plastic.
- Keep your retainers clean by brushing with a toothbrush when you brush your teeth and rinse with cool water.
- **When not in your mouth, always place your retainers in their case. Never leave the retainer lying around or wrapped in tissue.**
- Never place your retainers in hot water or near a hot surface, or leave them in your car on a hot day. The heat will warp the plastic causing them to not fit properly.
- Pets love to chew on retainers! Keep them out of your pet's reach.
- **Bring your retainers to each appointment.** If lost or broken, call our office immediately.
- Please keep the 3D printed models of your teeth in a safe place. You will need to bring it to our office if your retainer needs to be repaired or replaced.

Questions? Call us at – 971-9601
Visit our website at charlottesvilleorthodontics.com