

## Long Term Retention Instructions

Congratulations on your last visit to The Orthodontic Studio.

- 1) Retention needs to be worn and maintained long term if you wish to keep your current alignments.
- 2) You should continue wearing your retainers every night for at least one year following removal of your braces.
- 3) After a year of retainer wear your retention can be reduced to alternate nights (every other night). Any tightness in retainers or movement of teeth needs you to return to the previous stage.
- 4) After another 6 months (1½ year following removal of your braces) AND your retainers are maintaining their ideal position you can further reduce retainer wear to every 3rd night. If your retainers are maintaining your occlusion then continue this regime for at least 6 months. Any tightness in retainers or movement of teeth needs you to return to the previous stage.
- 5) After another 6 months (2 years following removal of your braces) AND your retainers are maintaining their ideal position you can further reduce retainer wear to every 4th night. If your retainers are maintaining your occlusion then continue this regime for at least 6 months. Any tightness in retainers or movement of teeth needs you to return to the previous stage.
- 6) After another 6 months (2½ years following removal of your braces) AND your retainers are maintaining their ideal position of you can further reduce retainer wear to every 5th night. If your retainers are maintaining your occlusion then continue this regime for at least 6 months. Any tightness in retainers or movement of teeth needs you to return to the previous stage.
- 7) After another 6 months (3 years following removal of your braces) AND your retainers are maintaining their ideal position you can further reduce retainer wear to every 6th night. If your retainers are maintaining your occlusion then continue this regime for at least 6 months. Any tightness in retainers or movement of teeth needs you to return to the previous stage.
- 8) You should repeat steps the above step until you are wearing your retainer either weekly or fortnightly. You should continue this regime indefinitely if you wish to maintain your natural smile.
- 9) If you have forgotten to wear your retainers and you find they feel tight, your teeth have moved and therefore you need to try wearing your retainers full time for 6 weeks to attempt to correct them.
- 10) **DO NOT THROW AWAY YOUR RETAINERS** at any stage as they are essential to keep your teeth straight. If you lose or break your retainers and would like some new ones, please come back to us. Please note there is a charge for replacement retainers.

*Our DNA is Choice, Quality and Care*