



## Retainer Informed Consent

Patient Name: \_\_\_\_\_

Retainers are important because they maintain the teeth in ideal position while the tissues adapt to the new positions of the teeth. In addition, they keep the teeth aligned (if worn as prescribed) and prevent any movement of the teeth after all the effort spent for the orthodontic treatment.

It is important to know that retainers are for life (or as long as one wants to keep his/her teeth straight). For the first 2 years, removable retainers are to be worn for a minimum of 12 hours a day when there are lingual fixed retainers in place. They are to be worn after eating dinner and during bedtime until morning. For patients who do not have fixed retainers, they need to wear removable retainers full time (i.e. all the time except during eating and brushing).

Just like any other tissue of human body, teeth and surrounding tissue has natural tendency to changes over time. Therefore, if retainer wear is interrupted for an extended period of time, or if it is not seated properly the way it was designed, or if there's any distortion or breakage, teeth will start moving. There are some patients whose teeth display a tendency to move. These patients must continue to wear their retainers intermittently on an indefinite basis if they want to prevent any tooth movement and preserve the position of their recently straightened teeth. As of now, there is no way to predict which people must continue to wear their retainers to maintain the positions of their teeth. Only time will tell...For that reason we recommend the continuation of night time retainer wear on an indefinite basis for those who do not want any shifting of their teeth.

During the first few days of retainer wear you may find that your speech is awkward and you salivate more than normal. Within 2-3 days, things usually return to normal. If retainers have a funny taste, you may use a retainer or denture cleaner such as Efferdent® or Polident® or Retainer Brite® to soak them for an hour or so. For the most part, using soap and ONLY cold water after each use should keep your retainers clean and fresh. Do not soak in mouthwash as it may discolor the retainers.

### **Important to know:**

- ALWAYS put retainers in your retainer case when out of your mouth!
- DO NOT wrap your retainer in a napkin while eating. Someone will throw them out!
- DO NOT put them in your pocket. They will break!
- Brush your retainer in COLD water. Hot water will distort the retainer.
- Keep in a cool place because hot places, such as cars in the summer, could also distort the retainers!
- Stay away from gum or sticky foods when wearing your retainers.
- Keep away from pets!
- Please be advised that retainers are like other consumer products such as shoes or clothes, they will have wear and tear over time. The lifespan heavily depends on how well you take care of the appliance. It will need to be replaced when the wear-and-tear is deemed to affect the effectiveness of the retainer.

In addition, please do not lose or break the retainers. When it happens, we usually strongly urge the replacement of new retainers to maintain tooth stability. The cost of replacement of removable retainer is \$300 per arch. For any broken fixed retainer 2 months after initial placement, the cost will be assessed based on if it can be simply repaired or will need to be replaced.

Please wear your retainers as prescribed and come to your scheduled retainer visits. Together, as a team, we can maintain your teeth in a beautiful alignment.

**\*Please make sure to bring your retainers to all retainer check appointments!!\***

*I have read and understand the above and give my consent to treatment.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to patient: \_\_\_\_\_

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