

Park Dental
21 Towne Centre Way
Hampton VA 23666
(757)838-9140

“Congratulations”

Your braces are finally off and you can show off that great “SMILE”. However, don’t lose sight of the fact that the job is not totally completed. You are going from the active phase to the retention phase of your treatment.

The following information is VERY IMPORTANT.

If we do not retain (or hold) the teeth after orthodontic treatment, they will move back toward their original positions! It has been the experience of the orthodontic profession through the years that, in most cases, about 85-90% of the correction is retained. Your teeth will make minor adaptive changes to function (chewing, talking, etc.) in the manner that is most natural for them. Your retainers will help control these movements.

Removable retainers must be worn full time at first. Your teeth will move if you do not faithfully wear your retainers! If the movement is significant and requires re-treatment with braces, there will be a new orthodontic fee! Don’t let this happen!

We will monitor your progress, growth and natural developmental changes, during each of your regular retainer checks. Always bring your retainers to all future appointments.

Care and Use of Retainers

Removable and/or bonded retainers will be required to hold the teeth in their new positions. Retainers are effective only if you “faithfully” follow your particular instructions. On the average, the retainers will be worn regularly for an extended amount of time (schedules vary by individual)

If you lose or break a retainer, call us immediately before your teeth start moving! There will be a replacement charge.

When not wearing your retainers, place them in the retainer case to protect them. Gently clean your removable retainers daily with a very soft toothbrush and use denture cleaning tablet once a week. Never place your removable retainers in hot water, or near heat, because it will distort their shape and they may not fit properly.

If you have any questions or comments about this information, please do not hesitate to call us. (757) 838-9140.

