



## SIX MONTH SMILE RETAINER INFO AND AGREEMENT

1. After teeth have been moved, some form of retainer is needed to keep them in their new position. Teeth can tend to drift back towards to their initial position if retainers are not adequately used. This is especially true for adults. We recommend having both permanent and removable retainers (made to fit over the permanent retainer) placed to stop any possibility of teeth moving.
2. Removable retainers can keep your teeth straight but they need to be worn for 6 months full time (except while eating), then every night while you sleep for 1 year. After this, wear the retainer(s) for 3-4 nights per week FOR AS LONG AS YOU WANT YOUR TEETH TO STAY STRAIGHT.
3. If the removable retainers are lost or broken there is a fee of \$50 per retainer. It is wise to have a backup removable retainer at all times so you have a retainer to use if you lose or break your main retainer. We strongly recommend this!
4. BONDED RETAINERS are also an option. The bonded retainer is a small wire that is bonded to the back of your front 6 teeth and holds your front 6 teeth in place. This allows you to NOT wear your removable retainers (they are usually worn instead of a removable retainer). Most people may need both bonded retainers and removable retainers. The back teeth are NOT held by the bonded retainer. The back teeth are usually held in place by your bite. They do tend to settle into your bite a bit better as time goes on (when a bonded retainer is used).
5. You will not be able to floss normally in between your front 6 teeth if you have the bonded retainers. You can use a tooth pick, stimudent or other to clean between your teeth near the gums. You may be able to thread floss under the bonded retainers. Every few weeks, check to make sure that you still can't get floss through these areas.
6. If you notice any change to the position of your teeth, contact our office immediately and wear your removable retainers (if available) until you are able to be seen.
7. Retention is essential to ensure that your result is maintained. A removable or bonded retainer must be used indefinitely and if teeth shift significantly, braces are needed to move them back. There would be a charge associated with this. It is important that you notify us right away if you think you are experiencing any shifting. When the shifting is minor, it can oftentimes be addressed without the need for braces.
8. It is your responsibility to understand these details. We want to help ensure that your new smile lasts for the rest of your life but you need to understand your options and your role within the process. If teeth relapse more than just a small amount, braces are oftentimes needed to bring the teeth back into position. There would be a charge associated with this. We want to help you avoid this.

I HAVE READ AND UNDERSTAND EVERYTHING WRITTEN ABOVE.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_