

EARLY TREATMENT RETAINER – TONGUE THRUST/POSTURE CONCERNS

Today, you are receiving an appliance called a "**RETAINER**". Your retainers will keep your teeth and jaws where we have moved them until they are stabilized and can stay in place on their own. The reason that you have to wear retainers is that teeth always have a tendency to shift back to their original positions. Also, we don't want to lose the width we have gained in expanding your jaws. Retainers will help to prevent this. Below are instructions on "**wear and care of your retainers**". *It is very important to follow these instructions!*

INSTRUCTIONS FOR WEAR

1. You will wear your retainer **24 hours a day for 12 weeks**. After 12 weeks, you will wear your retainer at bedtime only until it no longer fits.
2. Holding your retainer, place the wire around your front teeth and press it up to the roof of your mouth. Use your thumbs and press the wires around your back teeth until the retainer clicks onto the teeth.
3. Do not bite your retainer onto your teeth. This can cause the wire to become weak and break.
4. Wear your retainer while eating. Be sure to clean your retainer with your toothbrush and toothpaste after eating!
5. Please do not pull on the front wire to remove the retainer. Simply place your fingers on the wires around your back teeth and pop the retainer out.
6. You should remove your retainer **ONLY** for brushing. Remove the retainer, brush your teeth and then brush the retainer while it is out of your mouth. After brushing both your teeth and the retainer, place the retainer back in your mouth.
7. A retainer case is being provided. Use this case after you have finished wearing the retainer 12 weeks full time and have gone to bedtime wear only. Be sure to brush the retainer before placing it in the case.
8. The retainer will become easier to put in and remove after wearing awhile. If necessary, the retainer can be adjusted if it ever becomes too loose.
9. **To help with your tongue thrust/posture**, we made a special hole on your retainer. Please purchase some large size tic-tac mints. After placing the retainer in your mouth, take a tic-tac and hold it in the hole located in the retainer with your tongue till it melts away. **The most important thing to remember** is that your tongue remains on the tic-tac when you swallow and does not push forward against your front teeth. This will help to train your tongue to remain in the proper position. Repeat the tic-tac process 4 times a day.

REMINDER

You will outgrow this retainer in 6-12 months. We will not issue a new retainer when this one no longer fits because, more adult teeth need to erupt and further growth will be taking place.

Lost or broken retainer replacement cost is \$250.00

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