

SPRING RETAINER

The Spring Retainer is a special purpose, custom made removable appliance. It is very effective in aligning front teeth with slight to moderate shifting or crowding. An impression of your teeth was taken and the problem teeth are then cut from the plaster model, reset and aligned in wax on the model to look perfect. The appliance is then constructed over the perfectly aligned teeth.

The appliance is then worn 100% of the time by you. The teeth are aligned over a 10-12 week period of time if constant wear time is achieved. Some initial soreness is to be expected. When the teeth are properly aligned the appliance will then be used as a retainer by wearing it part-time each night.

Below are detailed instructions on "wear and care of you spring retainer". *It is very important to follow these instructions!*

INSTRUCTIONS FOR WEAR

1. You will wear your retainer **24 hours a day for 10-12 weeks or as instructed**. At that time, you will be seen in our office. **The alignment and wear time will be re-evaluated based on any adjustments that may be needed.**
2. While holding your retainer, push up on the front teeth and then 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. Do not pull on the front of the retainer. Simply place your fingers on the wires around your back teeth and pop the retainer out.
5. Do not leave your retainer near any animals. The animals will chew it up.
6. Do not wrap your retainer in napkins, towels or tissues. This is the primary reason they get thrown away.
7. Remove your retainer for brushing. Brush your teeth and then brush the retainer while it is out of your mouth using your toothpaste and toothbrush.
8. Remove the retainer for eating or drinking anything except water so that it doesn't stain.
9. A retainer case is being provided. Use this case after you have finished wearing the retainer full time and have gone to bedtime wear only. Be sure to brush the retainer before placing it in the case as tartar will build on the appliance.
10. The retainer will become easier to put in and remove after wearing awhile.

You will get used to the feeling of the clasps on the molars and your speech will return to normal. Constant wear time is crucial to the success of the spring retainer.

Your wear time will be evaluated and each appointment based on movement and you will eventually be reduced to nightly wear only.

REMINDER - Lost or broken retainer replacement cost is \$275.00

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