



NORTHEAST
ORTHODONTICS

You've Graduated!

You're at the end of your active treatment, and now it's time for the most important part of your journey: **RETENTION!**

Dr. Reynolds Retainer Protocol: *What works for the typical patient*

Month 1: wear retainers **24 hours a day, 7 days a week**. Only take them out to eat, brush, floss, and if swimming (the chlorine can stain them).

Month 2: wear retainers for **15-18 hours a day**. Basically every second you aren't at work or school.

Month 3 & onwards: wear for **8-10 hours a day (nighttime for a lifetime)**.

Retainers are a lifetime commitment. Don't want to wear them? You'll need braces again.

Month	Hours a Day
1	24
2	15-18
After	8-10

Troubleshooting

Too much pressure? Teeth feel sore? Headaches when wearing them? Your body is telling you that the retainer is working too hard to shift your teeth back to where they should be, meaning you aren't wearing the retainer enough. Add at least an hour to how long you wear each day.

Edge feels rough? It's okay to smooth out the edge with a clean nail file. That doesn't work? Call us.

Doesn't fit at all? One of two things have happened, either your retainer melted, or your teeth have moved from insufficient retainer wear. Call us immediately!

Useful Tips

There are lots of ways to keep the retainers clean. We find the retainer stays the cleanest and clearest by using **dish soap (Dawn, Ajax, Palmolive or store brand) and warm water**. Another popular option for cleaning is using Retainer Brite tablets. We advise against using toothpaste and a toothbrush, that tends to scratch the retainer and make them collect plaque and food.

The only place retainers go when not on your teeth are in your **retainer case**. Do not put your pocket, backpack, purse, socks, top drawer, counter top, or wrapped in a napkin!

Dogs and cats love the smell of dried saliva. Keep retainers away or they will become a chew toy!

DON'T LOSE THEM!! Your teeth will relapse fast and no one wants to wear braces again. If your retainer gets lost or broken, call us immediately!