



[www.thackerortho.com](http://www.thackerortho.com)

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**THACKER ORTHODONTICS**

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## KEEP YOUR SMILE

You are entering the final portion of your orthodontic care. We describe this as long term maintenance. From this time forward you are responsible for the stability of your orthodontic result.

You have spent a great deal of time achieving a beautiful smile and a great bite. You must remember that your teeth are alive, as are the gums and bones that support them, therefore you need to continue to care for all parts of your mouth. We recommend that you continue to brush three times each day and use floss daily. You must wear your removable retainer 22-24 hours per day unless otherwise instructed. The retainer should be removed while eating or drinking and cleaned after each meal. The retainer needs to be brushed with a toothbrush, toothpaste and cold water. We have provided you with a case for your retainer and it is very important that you use this case so that your retainer is not accidentally damaged or lost. Be aware that pets are attracted to them and will chew them up. We have provided your first set of retainers. Like glasses, if lost or damaged there will be a charge incurred to replace them. We know that as long as you wear your retainer your teeth will not move.

Permanently attached lower retainers require regular flossing and must be reattached if they become loose. Biting into hard foods may loosen or bend the permanent lower retainer. If bent, the lower teeth will feel pressure and the retainer must be repaired immediately.

Today we have removed the cement and bonding materials that held your appliances, we have not completed a routine cleaning or examination. Please schedule to see your general dentist for regular exams and cleanings as they recommend. Should you have any future questions, please contact either our office or your dentist.

### **Our recommendations can be summarized:**

1. Wear your retainer full time unless otherwise instructed.
2. Keep it in your case when not being worn.
3. Continue to keep regular check-up and cleaning appointments.
4. Call our office promptly if your retainer does not fit or appears broken.

### **To Disinfect:**

1 part bleach to 10 parts water. Soak 15 minutes and rinse well.

Good Luck and Keep Smiling!

Dr. Jim, Dr. MaryEvan, and Staff