

THACKER ORTHODONTICS

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THE IMPORTANCE OF NIGHT TIME RETAINER WEAR

You are entering a very important portion of your orthodontic retention. From this time forward you are responsible for maintaining your orthodontic result by continuing to wear your retainers while you are sleeping each night. We recommend that retainers be worn **every** night for good stability.

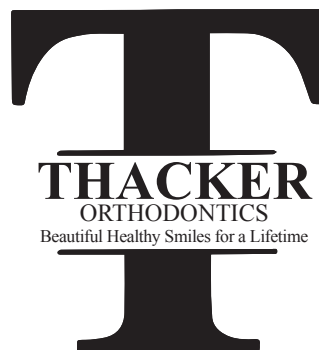
You have spent a great deal of time achieving a beautiful smile and a great bite. You must remember that your teeth are alive as are the gums and bones that support them, therefore you need to continue to care for all these parts of your mouth. We recommend that you continue to brush three times each day and that you see your dentist for regular dental cleanings. We know that as long as you sleep in your retainer your teeth will remain straight just as they are today. If you discontinue your retainer wear your teeth will move.

To disinfect your retainer, add 1 part bleach to 10 parts water. Soak for 15 minutes and rinse well. We further recommend that if you have a permanent lower retainer that you continue to care for that and contact either our office or your dentist if you have any questions about it in the future.

Our recommendations can be summarized:

1. Wear your retainer every night to preserve your orthodontic result. (Unless instructed otherwise.)
2. See your dentist to protect the health of your teeth.
3. To disinfect: 1 part bleach to 10 parts water. Soak 15 minutes and rinse well.
4. Call us if you have any questions.

Good luck and Keep Smiling!



www.thackerortho.com

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