



moshiri orthodontics

*for a smile that lasts*



The Retainer is an appliance used to maintain the correction achieved through orthodontic treatment. Once finished with braces, you will remain an active patient in our practice an additional 12 months for retainer supervision. Retainers are to be worn **FULL-TIME** for one year, and thereafter to be **LIFETIME**. Moshiri Orthodontics will ensure individual results if proper lifetime retainer wear is achieved.

#### **Wearing the Retainer:**

- To achieve maximum results, bone healing from tooth movement takes about one year to occur. Thus, retainers are worn **full-time** for the *1st year*, and then to **bed lifetime**.
- Lispings and excess saliva are normal when first wearing your retainers. Practice speaking loudly and reading out loud. Your mouth will soon accommodate to your new retainers.

#### **Appliance care:**

- Brush your teeth three times a day, 2 minutes at a time. Additionally, brush the inside and outside of your retainers three times a day.
- Twice a week, the retainers should be soaked in denture cleaner for 10 minutes in cool water and then scrubbed with a soft tooth brush to keep them especially clean.
- Clean the appliance with toothpaste and denture cleaner (i.e. Efferdent),. If you have a sulfa allergy **DO NOT** use denture cleaners, they may contain sulfa. You may use a baking soda paste to clean your retainers.
- When out of your mouth, always keep the retainers in your case, **not napkins or pockets**.
- Keep the appliance away from all **dogs and cats**; they love the smell of retainers and will think that your retainers are a chew toy, and either damage or potentially destroy it.
- Do not keep your retainers in a vehicle, the heat may distort them and they may not fit.

**If your retainer breaks or becomes lost, please call us at  
(314) 4-BRACES**

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