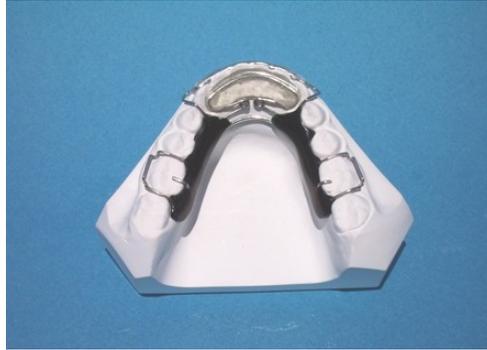




moshiri orthodontics

for a smile that lasts



SPRING RETAINERS

The Spring Aligner is an appliance that can be used on either or both arches to correct minor anterior crowding and rotations. 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 Spring Aligner

- To achieve maximum results, the Spring Aligner retainer must be worn full-time except when eating or cleaning. Lack of wear makes treatment longer, and will reduce the quality of the final result
- Lipping 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 activation:

- Drs. Moshiri adjust the appliance at subsequent appointment, making your teeth straighter at each visit. At times, space is needed for your teeth to move. If necessary, Drs. Moshiri will open space between your teeth with polishing strips or discs to gently create the room required for tooth movement.

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.

Note: Your Spring Aligner must be worn as prescribed to be effective.

If your retainer breaks or becomes lost, please call us at

(314) 4-BRACES

www.smilesaintlouis.com