

Retainer Advice

Dear Retention Patient:

You have completed one year of retention visits at our office. At this point in time, you should be wearing your removable retainers during sleeping and you should have a permanent wire bonded behind your lower front teeth.

We recommend to all of our patients to continue wearing removable retainers for as long as possible to ensure that your quality result does not change as you age. It is very important to hold tooth positions during the remaining phases of jaw growth which typically occurs until age 18 for girls and ages 21-22 for boys. It is best to wear your removable retainers during this growth phase. We also recommend that your permanent lower inside wire stay in place for as long as possible. Without this wire, your lower front teeth will shift, which is typical in all of us as we age. Teeth staying perfectly straight are not normal with aging. Teeth change just like the rest of our bodies do as we age.

If, for some reason, your general dentist would like to have your lower permanent wire removed, please have only us remove it. Do not allow any other doctor to remove your lower permanent wire, we can make you a removable retainer that will hold your tooth positions for as long as you like. If the lower wire is removed and you are not supervised by us, it is quite possible that your beautiful teeth will change their positions.

In summary, keep wearing your removable retainers as long as possible and leave your permanent lower retainers indefinitely. If you have any problems with your removable retainers or your permanent wire, please contact us. At this point, you have been moved into an inactive status with our office, meaning that we will not contact you for further appointments. Please contact us if you have any concerns with any of your retention. Best of luck to you.

Sincerely,

Dr. Ron Snyder and Staff

