

Retention

Dear Patient,

It is a happy day in our patient's lives when their appliances are removed. Most of our patients are very pleased to see all that has been accomplished throughout their treatment. It is now appropriate to review some of the important principles for maintaining the correction that we worked so hard to achieve. Two retainers are typically used:

1. The **bonded cuspid to cuspid retainer** is worn for seven years to hold the lower front teeth so they do not shift. It also supports the back teeth and maintains the overbite correction. Good research supports this length of retention period and we have found that the teeth maintain their positions very well when retained in this manner. Should the lower retainer ever come loose, it is important to call our office, or if you are out of town, another orthodontist and have it rebonded as soon as possible. If the bonded retainer should ever fall out completely keep the retainer and call our office. Bring the retainer with you on your appointment so we can bond it back in place. Patients should use "Super Floss" daily for cleaning around the retainer. If this is done, there should be no decay or gum problems around this retainer.
2. The **upper essex retainer** is worn full time for 6 months, it should be taken out only to EAT and BRUSH. After the 6 months of full time wear it should be worn at night for 2 years. The retainer preserves arch form and prevents shifting of the upper teeth. When taking out for eating make sure to place the retainer into the case that is provided for you.

Again, the retention period is important because it holds the correction that has been gained and adds to the final results. Our retention period is for one year; during this time patients are seen less frequently. After one year of retention it becomes the patients responsibility to contact our office if he or she needs to come in for a retainer adjustment or lost retainer. The treatment fee includes one year of retention visits and subsequent visits are approximately \$35 per visit. We hope that you enjoy your new smile and we appreciate all referrals.

Sincerely,

Dr. Ron Snyder and Staff

