

# Retention Following Clear Aligner Orthodontics

- Retainers **MUST** be worn every single night after you complete alignment. During this first year, new bone is being formed around your teeth in their new position. Relapse (shifting teeth) during this first year is likely if retainers are not worn consistently every night.
- Each set of retainers can last 1-2 years **IF** they are kept clean, safe from heat and are well cared for. Heavy clenching or grinding will shorten the lifespan of the retainers.
- Every morning when you remove the retainers from your mouth, brush them with a toothbrush. Be sure to check that all cloudiness has been brushed away. You may soak the retainer during the day in hydrogen peroxide.
- If your retainers are lost or damaged but have been fitting well, you may temporarily wear your final alignment tray. Contact us immediately so we can order and give you a replacement retainer. *(Additional retainers will incur a fee, and can be ordered one pair at a time, or in packs of four sets).*
- Bring your retainers to **EVERY** dental visit. At wellness visits, we will check them. At restorative visits (ex: fillings, crowns, implants), we will check that they fit at the conclusion of your treatment.
- You may use your retainers to whiten with gel if they are well-fitting. Follow the refill gel instructions and any verbal instructions given to you by the clinician.



Integrative Dental Medicine