

**You are in charge
of keeping your
teeth where your
braces moved them.**

**KEEP TEETH
STRAIGHT**

RETAINERS



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RETAINER TIPS

WEAR AS DIRECTED.

A retainer is a key part of your orthodontic treatment, and it only does its job in your mouth. Wearing your retainer after braces is the best way to preserve your healthy smile and prevent teeth from moving back into their original positions. Wear exactly as directed by your orthodontist.

KEEP CLEAN.

Your orthodontist will show you how to clean both removable and attached retainers. If you can't clean your retainer after a meal, rinse your mouth with water until you have a chance to brush more thoroughly. Make sure to visit your dentist for your regular cleanings every six months.

HANDLE WITH CARE.

If it's not in your face, it should be in your case. This will protect your retainer from getting thrown away, stepped on or eaten by your dog.

**TAKE CARE OF
YOUR RETAINER
SO IT CAN
TAKE CARE OF
YOUR SMILE.**



TYPES OF RETAINERS:

Some are removable and some are fixed to your teeth. They can be for upper, lower or both sets of teeth. Your orthodontist will provide the best kind specific to your needs.

WHY DO TEETH SHIFT?

Changes in tooth position are lifelong and naturally occurring. Do not be alarmed if small changes occur. Teeth are not set in concrete. They are set in bone. Because the bone around your teeth is continually changing (breaking down and re-building), your teeth may shift after your braces are removed.

CAN RETAINERS BE WORN TOO LONG?

No. Many people wear removable retainers nightly for the rest of their lives.

MY TEETH ARE OUT OF PLACE AFTER ORTHODONTIST TREATMENT AS A TEEN:

If you notice an unwanted change in your smile or bite, contact your orthodontist. An orthodontic "tune up" may be necessary.

WHEN TO CONTACT MY ORTHODONTIST?

Contact your orthodontist if your retainer is lost, broken or not fitting properly, or your fixed-retainer becomes loose.

Orthodontists receive an additional two-to-three years of specialized education beyond dental school to learn the proper way to align teeth and correct bites. Only those who successfully complete this formal education may call themselves orthodontists, and only orthodontists can be members of the American Association of Orthodontists. Learn more: aaoinfo.org.