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Retainers

It is essential that the retainers are worn exactly as instructed. They should be worn all the time, except when you are eating, brushing your teeth or participating in sports (swimming, phys. ed., etc.)

When your retainer is first placed in your mouth, it may have a funny taste. This will disappear in a day or two. Your speech may also sound a little strange. We have found that the tongue rapidly adapts to the retainers and your speech returns to normal within two or three days. The more you practice, the sooner you will sound "normal".

Should a retainer be lost or broken, contact Long Orthodontics immediately to have your retainer repaired or replaced. If a repair or replacement is needed, there will be a charge and payment is due at the time of the repair or when the impression is taken for the replacement retainer.

If you stop wearing your retainer for any reason, such as loosening baby teeth, erupting adult teeth, illness or discomfort, you should notify us immediately. Failure to do so may make it difficult for us to get the retainer to fit properly again and necessitate an additional charge for a replacement.

In certain instances, retainers will be cemented or attached to the teeth for full time wear. Please call us at once should these retainers become loose, bent or broken.

Your retainer should be kept very clean. This is done best by brushing it with a toothbrush and liquid soap in cold water when you brush your teeth. Never use hot water on your retainer, this will cause your retainer to distort and not fit properly. You may use a mild mouthwash or denture cleaner to "freshen up" your retainer.

Careless handling of retainers is the most common cause of loss or breakage. This usually occurs when they are put in pockets, wrapped in tissues or napkins when eating out (somewhere other than at home). Retainers must also be kept out of the reach of dogs, for some reason they think they are a chew toy. So, remember, always put your retainer(s) in their case. Another thing we have noticed is that a retainer has never been stepped on, thrown away or lost when it was in the mouth where it belongs!

It is very important that we check your retainer(s) periodically, so please keep all appointments during retainer wear.