

Post Operative Information: Invisalign Retention Agreement

CONGRATULATIONS on completing the active phase of your orthodontic treatment. Your effort and investment have resulted in a great smile.

- Teeth constantly shift and tend to return to their original position; so orthodontic relapse is a lifelong concern.
- Your retainer should be worn full time for the first two months of use. That is a minimum of 22 hours a day, only removed to eat, drink, or brush your teeth. After the first two months, wear the retainers whenever you are at home, for example in the evenings, during sleep, or on weekends when you are home. After the first 4 months, wear the retainers only when you go to sleep. You must wear retainers every night for the first year.

In summary:

Months 1 and 2:	Full time wear of retainer
Months 3 and 4:	All the time you are home
Months 5 and beyond:	When sleeping

- After the first year, you can revert to wearing your retainer every other night, provided that it feels loose and fits well. If your retainer still feels very tight after the first year, please continue to wear it every night.
- Retainers should be replaced frequently for a variety of reasons:
 1. They start looking very stained
 2. They get lost
 3. They feel too loose and can be easily removed by the tongue
 4. They lose firmness and become too flexible
 5. If dental work is performed, (fillings, crowns, extractions) a new retainer may be needed.
- If retainers or lingual bars are lost or broken they should be replaced immediately.
- It is your responsibility to monitor tooth position and to contact our office to order future retainers.
- The retention phase of orthodontic treatment signifies the end of active orthodontic treatment.
- Please be diligent in wearing your retainers as required. Store them safely when you are not wearing them. Extra retainers should be stored in a cool, dry place away from any heat source (not in the bathroom or kitchen). Being inconsistent in your retainer use will cause relapse and the return of teeth misalignment.