

**12 Month Smiles LLC**  
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# Retainer Information and Agreement for Invisalign and Braces

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

- After treatment with Braces/Invisalign is done and teeth have been moved in to the final desirable position, some form of retainer is needed to keep them in their new position. Teeth can tend to drift back towards to their initial position if retainer is not adequately used. This is especially true for adults.
- Removable retainers can keep your teeth straight but need to be worn for 6 months full time ( except while eating) , then every night while you sleep for 1 year. After this, wear the retainer(s) for 3-4 nights per week FOR THE REST OF YOUR LIFE. Retainers must used for as long as you want your teeth to stay in their new position.
- If the removable retainers are lost or broken there is a fee of **\$150.00** per retainer. It is wise to have a backup removable retainer at all times so you have a retainer to use if you lose or break your main retainer.
- BONDED RETAINERS are also an option. The bonded retainer is a small wire that is bonded to your front 6 teeth and holds your front 6 teeth in place. This allows you to NOT wear your removable retainers (they are worn in lieu of a removable retainer). Some people may need both bonded retainers and removable retainers. The back teeth are NOT held by the bonded retainer. The back teeth usually don't move in manner that affects the look of your new smile. They do tend to settle into your bite a bit better as time goes on.

- You will be not able to floss normally in between your front 6 teeth if you have the bonded retainers. You can use a tooth pick or a stimudent to clean between your teeth by the gums. You may be able to thread floss under the bonded retainers. Every few weeks, check to make sure that you still can't get floss through these areas.
- If you notice any change to the position of your teeth. Contact our office immediately and wear your removable retainers (if available) until you are able to be seen.
- Retention is essential to ensure that your result is maintained, a removable or bonded retainer or bonded retainer must be used indefinitely and if teeth shift significantly, braces are needed to move them back. There would be a change associated with this. It is important that you notify us right away if you think you are experiencing any shifting.

**I HAVE READ AND UNDERSTAND EVERYTHING WRITTEN ABOVE.**

Parent or guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Patient signature: \_\_\_\_\_

Date: \_\_\_\_\_

Doctor signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness signature: \_\_\_\_\_

Date: \_\_\_\_\_

