

A personal message from Dr. Gurza:  
**CONGRATULATIONS,  
 YOU'VE MADE IT!**

**RETENTION**

**What Is Retention?**

Retention is a way to keep your teeth in the right positions after your braces are off. A removable retainer fits over your teeth while a fixed retainer is glued to the back of your teeth. Without it, your teeth would move back to where they were before you had braces.

**Why Retention Matters?**

Your teeth keep moving throughout your lifetime. Wearing a retainer can prevent your teeth from becoming crowded or crooked again. That way, you'll have a great looking smile for the rest of your life

*Keeping Your Teeth  
 Straight for Life*



**DR. STEPHEN C. GURZA  
 ORTHODONTIST**

**THE BRACE PLACE®**  
*Smiles corrected while you wait*

Thornhill SQ:301-300 John St. Thornhill [905-731-3323]  
 Finch Midland Med.: 4190 Finch Ave. E. [416-754-0640]  
 Yonge-Davisville: 1910 Yonge Street [416-489-1313]

**What You Can Expect**

Wearing a retainer is easy, but it may take a few days to get used to. Swallowing and talking may seem a bit awkward at first.

For a day or two, your mouth may be slightly sore. Over-the-counter pain relievers can help.

**Remember:** The more you wear it, the sooner you'll get used to it.



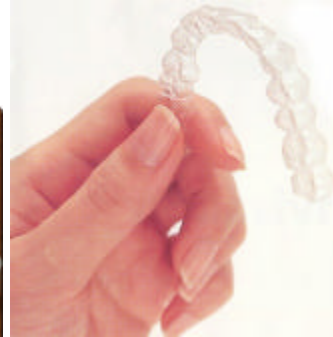
**Wearing Your Retainer**

For the first year, **24 hours a day is a MUST.** Remove your retainer to brush your teeth and when swimming. Although you CAN leave it on when eating, it is advisable to remove it for main meals. Also, remove it for contact sports. Your bonded retainer can break if care is not taken when eating.



After the first year, you will be instructed by **Dr. Gurza** to wear your removable retainer only to sleep.

**Remember:** your teeth can move even years from now, so we ask that you continue to wear both the removable and bonded retainers until you are at least 20 years old. After that, its up to you! Your bonded retainer can be removed by **Dr. Gurza** or your dentist.



**Caring for Your Retainer**

The following tips will help you care for your retainer:

- Rinse your retainer with water when you take it out. And brush it with toothpaste each time you brush your teeth. Brush the roof of your mouth, too. Your bonded retainer should be thoroughly brushed especially around the gum line. Be careful when flossing your teeth to prevent loss of the glue.
- Soak your retainer in denture cleaner about once a week. A sample tablet is provided.
- When not wearing your retainer, place it immediately in its container case. Place your name and phone number on the case label. If you do not have the case, **LEAVE IT IN YOUR MOUTH. DO NOT** wrap in tissue or a napkin-**EVER.** It **WILL** get thrown away by mistake. Do not place it in your pocket-**EVER.** The current replacement cost is \$250.
- Never boil or soak in hot water. Never use bleach or chemicals on your retainer. Do not try to bend the wires. Keep it far away from pets. They think it's food or a chew toy!

**CALL OUR OFFICE IF:**

- You lose your retainer.
  - Your retainer breaks.
  - Your retainer doesn't fit right or causes pain.
- You will need to have your retainers checked during the next year. **IT IS YOUR RESPONSIBILITY TO MAKE AND KEEP YOUR RETENTION APPOINTMENTS!**  
**You must bring your retainer to each visit.**

**Special Instructions for Essix Retainers**

1. Must be removed to eat
  2. Do not place in hot water
- ? Wear all the time.
  - ? Wear all the time for 3 days followed by home use only.
  - ? Wear at bed only.



**Keep At It!**

You have worked hard to get your teeth straight. Now do your part to keep them that way. When you wear your retainer as **Dr. Gurza** advises, your teeth will stay as straight as possible for a lifetime.