

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 could 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.

*We will see you over the next 12 months to help ensure that your teeth stay as straight as possible.*

Keeping Your Teeth  
 Straight for Life

**DR. STEPHEN C. GURZA  
 ORTHODONTIST**



**THE BRACE PLACE®**

*Smiles corrected while you wait*

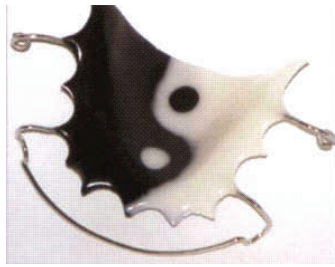
[www.thebraceplace.ca](http://www.thebraceplace.ca)

**Finch -Midland:** 307-4190 Finch Ave. E. 416.754.0640

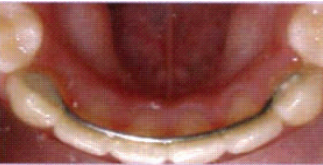
**Yonge-Eglinton:** 210-2200 Yonge Street 416.489.1313

[www.thebraceplace.ca](http://www.thebraceplace.ca)

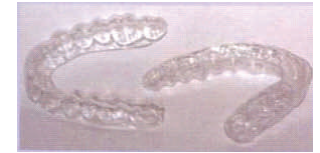
**WEAR AND CARE OF YOUR NEW RETAINER**



REMOVABLE BITEPLATE



BONDED LINGUAL WIRE



REMOVABLE ESSIX

**WHEN YOU FIRST GET IT**

Wearing this 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.**

Remove the retainer to brush your teeth, when playing contact sports or when swimming. You **CAN** leave it on when eating, but it is advisable to remove it for main meals.

**CLEANING**

Use a soft toothbrush and toothpaste on the plastic and metal parts **AT LEAST** twice daily and after eating. Use a cleaning tablet overnight once a week.

**DO'S**

- place it in your retainer case whenever it is taken out of your mouth.
- **NO CASE = LEAVE IN YOUR MOUTH.**
- wear it according to your instructions.
- keep it far away from pets. They think it's food or a chew toy!
- call us if you are having a problem.

**DON'T'S**

- **do not** wrap it in Kleenex.
- **do not** place it in a pocket.
- **never** boil or soak it in hot water.
- **never** use bleach or chemicals.
- **do not** try to bend the wires.

**CALL OUR OFFICE IF:**

- You lose your retainer or it 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.**

**WHEN YOU FIRST GET IT**

Run your tongue all around the bar to make sure there are no sharp areas. Bring your back teeth together to ensure the bar is not interfering with your bite.

**CLEANING**

Use your electric brush and Interspace head to clean the areas between the gum and the wire and in between the teeth. Use floss with a threader or Superfloss the clean between the teeth. Pull the floss in and out -NOT up and down.

**DO'S**

- check the glue each day on each tooth. Call us immediately if the wire is loose.
- go to the dentist regularly to check for cavities and gum problems under the wire.

**DON'T'S**

- **do not** eat foods which will damage the wire.
- **Don't** leave teeth with missing glue attachment for more than a few weeks.

**WHEN YOU FIRST GET IT**

Check that there are no sore areas on the gum. It will take a few days to get used to it but you should not have difficulty speaking.

**CLEANING**

Clean often with a soft brush and toothpaste. Place it in the palm of your hand or on a flat surface so as not to bend it in the middle.

**DO'S**

- Remove carefully by lifting from the back.
- Remove for all eating.
- Place only in your retainer case.

**DON'T'S**

- **do not** bite it into place- use your fingers
- **Never** place in hot water.

**SPECIAL NOTE FOR YOUR ESSIX:**

This retainer will start to develop wear marks and holes on the biting surfaces over time. This retainer is usually replaced after 1-2 years.

**Teeth can move throughout your life so please follow these Instructions:**

**Removable Biteplate: FOR THE FIRST YEAR 24/7 WEAR IS A MUST.**

After 1 year a removable retainer should be worn only at night for as long as you can.

**Bonded Retainer:** leave it on always for a lifetime of beautiful teeth.

**Essix / Biteplate Retainer:**  Wear all the time  Wear at bed only.

**HOW LONG MUST I WEAR MY RETAINER?**

**RETENTION IS A LIFETIME TASK!** Your teeth can move even years from now, so we ask that you continue to wear both the removable and bonded retainers for LIFE. After that, it's your choice to wear them for life!

**If requested a bonded retainer can be removed by our office.**