



## Orthodontics: De-bracketing and De-banding Post Op Care

Congratulations! You have just had your braces removed. Here are some instructions to follow to ensure your results last you a lifetime.

1. Wear your retainers as instructed as soon as you get them. The teeth that were moved the most distant will want to go back. You need to “retain” them there with your retainers.
2. Initially you need to wear your retainers 24 hours a day, 7 days a week (24/7).
3. After the first 3-4 months you can start cutting back on the time you wear your retainers. For example, you may leave them out after waking up ‘til after lunchtime. But, if your retainers feel extra tight when you place them in after lunch, it means you need to continue using them 24/7. Sometimes the teeth on one jaw (like uppers) don’t feel tight but the bottom ones do. Just wear the ones that feel tighter 24/7. The other jaw that doesn’t feel tight, continue to cut back.
4. Ultimately the goal is for you to wear your retainers at nighttime only. It may take up to a year or even longer in certain cases to get to this stage. Use the tightness feeling discussed in #3 above to gauge how much you need to wear your retainers.
5. As a rule of thumb, when you get braces as an adult, you need to wear your retainers nightly for the rest of your life (or at least 3-4 times/week). When you get braces as a teenager/child, you only need to wear them for certain period of time. You will be told how long by your dentist.
6. Keep your retainers in the retainer box that you have been provided with only. This will minimize the risk of you losing your retainers.
7. Keep your retainers away from pets, especially dogs. They will destroy your retainers for sure by chewing on them.
8. If you lose or otherwise damage your retainers call us as soon as possible. You need to always have a set of retainers otherwise your teeth will shift.
9. Clean your retainers with a soft toothbrush. Bring them with you to your check up visits so that we can clean them for you.
10. If your retainer is “permanent” (meaning it is bonded onto your teeth) take time to clean under the wire. We will show you how.
11. Brush and floss routinely to avoid dental problems.
12. Call us with any questions.