

## A STAGE ADAMS RETAINER - TONGUE GUIDANCE HOLE

Today, you are receiving an appliance called a "RETAINER" to help keep your teeth and jaws in place. The teeth want to shift back to their original positions and the retainer will help prevent this. Also, we don't want to lose the width gained in expanding your jaws.

- Wear your retainer **24 hours a day for 12 weeks**. You should keep your retainer in while eating and **ONLY** remove it for brushing. Following eating, remove your retainer and brush your teeth and retainer using **COLD** water and toothpaste. DO NOT try to shove the toothbrush through any of the wires. This can cause the wires to break and bend.
- The retainer can only be removed while eating if a parent or guardian is present. Do this when enjoying REALLY crunchy (ex. nuts, ice, seeds, Jolly Ranchers) or REALLY chewy (ex. gum, caramel, taffy, Tootsie Rolls) foods.
- Please continue using the Spry xylitol products, hydroxyapatite paste, and oral probiotics to aid with proper oral hygiene.
- After 12 weeks, you will have a follow-up appointment. At that time, the retainer will be worn at bedtime only (8-12 hours).
- A retainer case is provided. Please write your name and phone number on it. Brush the retainer before placing it in the case and follow one simple rule: If the retainer is not in your mouth, it must be in the case!
- DO NOT leave your retainer or case near any animals! **THEY WILL EAT THEM!** DO NOT wrap the retainer in a napkin or set it down on a plate or table. **IT WILL GET THROWN AWAY!** There is a fee for lost or broken retainers. Call us if this happens!
- Placing your retainer: Place the wire around the front teeth first and then press up on the roof of your mouth until the retainer clicks into place and the back-metal clasps fit around the molar teeth. Do not bite your retainer onto your teeth. This can cause the wires to become weak, break or bend.
- Removing your retainer: Place your fingers on the wires around the back teeth and pull down to pop the retainer out. Do not pull on the front wire as this will bend it. Distorting the front wire can cause movement and shifting of your front teeth.
- The retainer will become easier to place and remove after several days. It is normal for the retainer to feel loose. If necessary, the retainer can be adjusted if it becomes too loose. Please bring the retainer to all appointments so it can be adjusted if needed.
- Once a day, for 15-20 minutes, you can soak the retainers in Efferdent, Polident, or any CLEAR or whitening mouthwash to keep them "fresh" tasting. Never soak them in colored mouthwash. The retainer will stain. On occasion, you can brush with OxiClean White if the retainer appears dingy. Make sure to rinse thoroughly.
- **To address your tongue thrust/posture, a special hole is in your retainer. Place a mint in the hole with your tongue and hold in place until it melts. Keep your tongue on the mint when swallowing and do not push your tongue forward against your front teeth. This will help train your tongue to remain in the proper position. Repeat this process at least 5 times per day. We recommend XYLITOL MINTS available at our front desk. These mints also help prevent cavities and gingivitis.**

### REMINDER

You will outgrow this retainer in 6-12 months as your jaws continue to grow, primary teeth fall out and new permanent teeth erupt. Wearing the retainer for too long can actually restrict future growth of your jaws.

Phase 1 orthodontic treatment has specific skeletal, functional or dental goals. We cannot determine the final alignment of your teeth and bite until all permanent teeth erupt and growth is completed. Please keep in mind that a second phase of orthodontic treatment will be needed after all permanent teeth erupt. At that time, we will finalize teeth positions and address the bite. All details will be discussed at that time.

We are extremely appreciative that you have chosen our orthodontic practice for care. Our practice continues to grow through referrals from patients, friends, and family. We would appreciate a Google review if you are interested. Anyone completing a Google review will receive \$10 on their Rewards Card! On the next page, you can find QR codes to leave a review if interested.

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