

Retainer Guide

DAVIS
ORTHODONTICS



Retainer Basics

Congratulations! You made it to the finish line! Retainers are the key to protecting your new smile and keeping your teeth from shifting back. Even though most of your correction will stay in place, it's normal for teeth to make small adjustments over time as they settle. That's why consistent retainer wear is so important.

WHAT TO EXPECT

- You'll need to wear them nightly (unless we tell you otherwise) to keep your teeth from shifting back.
- You'll receive one set of retainers per arch.
- Your lips, tongue, and bite will need time to adjust to the new position of your teeth.
- Small movements are normal and they don't mean your treatment failed.
- We'll monitor the fit of your retainers and track wisdom teeth development at follow-up visits.

Caring for Your Retainer

RETAINER CARE

- **Clean your retainer daily** by brushing gently with water or mild soap.
- **Avoid hot water**, which can warp retainers.
- **Use the case every time** you remove your retainer. Never wrap retainers in a napkin and keep them away from pets.
- **Handle with care.** Avoid dropping or bending your retainers.
- **Brush and floss daily** to maintain good oral health.
- **Keep up with dentist visits.** Regular exams and cleanings help keep your smile healthy.

Retainer FAQs

Why are retainers so important?

They keep your teeth from shifting back and protect all the time and effort you put into treatment.

How long will I really need to wear retainers?

Plan on nighttime wear for life. Teeth naturally want to move, so retainers are forever friends.

What if my retainer feels tight after skipping nights?

That means your teeth have started shifting. Wear it full-time (day and night) for a few days until it feels comfortable again, then return to nightly wear.

What should I do if my retainer doesn't fit anymore?

Call our office right away. Wearing an ill-fitting retainer can cause more harm than good.

Retainer FAQs

What if I lose my retainer?

We'll provide one set of retainers per arch as part of your comprehensive treatment. If you lose your retainer or it's compromised, give us a call immediately so we can replace it quickly (additional fee applies).

When should I call the office?

Reach out if your retainer cracks, warps, feels uncomfortable, or no longer fits. We'll help repair or replace it to keep your smile protected.

NEED MORE HELP?

We're just a call or text away at
(864) 801-3500.

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