
Retainer FAQ

Why do I need retainers?

- Retention is the final part of your orthodontic treatment.
- Once your teeth are in their final position, your retainer keeps them there. Otherwise, they might slip back toward their previous position.
- Sometimes, in addition to holding teeth, we may use the retainers to make final corrections in the position of the teeth.

Retainer Rules:

- At first, wear your retainer all day and all night. The doctor will tell you when you may reduce wearing time, but wear them exactly as instructed.
- Do not wear while swimming— to avoid accidental loss.
- Bring your retainers to each appointment.
- Keep you retainer clean. No chewing gum—it sticks to the plastic.
- Leave the retainer in it's case when not in use.
- Never leave in hot water or near a hot surface to avoid changes in the shape and fit.

What if?

- If not worn as instructed, your teeth may move, preventing the retainer from fitting properly. Your retainer should fit comfortably and securely.
- Call our office immediately if you break or lose your retainer. There will be a fee for replacement.
- If you fail to wear your retainer as instructed for any reason, your teeth can move rapidly out of position. Be responsible. Wear as instructed. If anything prevents you from wearing your retainers, report the issue to our office and schedule an appointment. Office calls should be made during regular office hours.

Dr. Curtis E. Trammell, Specialist in Orthodontics

541.758.8500 / 541.967.8541