



Post-Orthodontic Retention – Informed Consent

Congratulations on the successful completion of the active part of your orthodontic treatment!

Name:

Date:

Aligner treatment is not “guaranteed” for life. Failure to wear retainers as directed even for a short period of time, may cause a rapid change or “relapse”. Therefore it is important that you follow these specific instructions to maintain satisfactory results:

Prescription:

- Full time wear (22 hours daily) for 2 months, then
- 12h a day for 1 month, then
- Every night for 1 year, then
- 3-4 nights per week going forward (every night is ideal)
- If the retainers ever feel ‘tight’ or like they are applying pressure to the teeth upon insertion, wear the retainers full time for one week.

If you do not maintain your teeth with retainers, any subsequent treatment will be subject to appropriate charges.

- Wear your retainers as instructed by our office. Please understand that if a retainer is broken or lost, we can replace for a cost of \$200 per arch (fabricated by our Winnipeg-based lab)
- If within 3 years of Clear Aligner Treatment, we can sometimes get additional retainers from Spark® or Invisalign® at a reduced rate.
- When the retainers are not in your mouth, always placed them in their case to prevent breakage or loss. Be careful – dogs love them as a chew toy!

Oral Health Tip: At night time, after brushing and flossing your teeth, insert the retainers without rinsing your mouth out with water. This will trap the strengthening ingredients in toothpaste that help remineralize your teeth and prevent cavities.

Patient Signature:
