

## Consent for Removal of Orthodontic Appliance for Treatment for \_\_\_\_\_

This is to certify that I am happy for the removal of my orthodontic appliances and understand this is the completion of my orthodontic treatment.

To preserve the benefits of my orthodontic treatment, I understand the importance of wearing retainers full-time initially for three months and then night time for life. If consistent wear is overlooked, relapse will occur.

\_\_\_\_\_  
Patient

\_\_\_\_\_  
Guardian if applicable

Date     /     /

## Patient Agreement and Informed Consent - Retainers

The benefits of orthodontic treatment will last a lifetime if you keep the following important patient responsibilities in mind.

### Removable Retainers

Once the active orthodontic appliances are removed, you will receive clear removable retainers to stabilise the dental correction. Because the bone and soft tissues surrounding the teeth are stabilising for many months after braces are removed, it is imperative that the retainers are worn as instructed. Failure to wear the retainers may result in undesirable movement of the teeth, which could necessitate re-treatment.

### How Retainers Are Worn

Teeth can continue to move throughout life, we feel that individuals who have undergone orthodontic treatment should wear retainers indefinitely. For most patients, we recommend wearing retainers day and night for three months following the removal of braces. Dr Ash or Dr Lau will then check as after this time it will generally be night-only wear thereafter.

After your braces have been removed, your doctor will see you at three, six and twelve months to check your retainers. After this time of monitoring your retainers we will not actively see you any longer. This means you will not schedule a future appointment, but you will continue to wear your retainers as prescribed by your doctor. If you ever need a future retainer adjustment, simply call the office, and we will be happy to see you. There will be an additional cost if this occurs.

## How to Care for Retainers

- ❖ Retainers are made of a thermoplastic material, (acrylic), that is sensitive to excessive heat, so they should be kept away from heaters, dishwashers, car dashboards or any place where the temperatures exceed 45 degrees celsius.
- ❖ Retainers should be kept in the proper retainer case when they are not in your mouth.
- ❖ Keep retainers away from family pets, as they like to chew on them.
- ❖ Wear a regular mouthguard for sport as your retainers do not protect your teeth from impact.
- ❖ Remove your retainer when eating and drinking.
- ❖ Clean the retainer each time you remove them from your mouth.

Because the material used for fabrication is slightly porous, plaque tends to cling to the surfaces. Gentle scrubbing with a toothbrush and a mild liquid soap will remove the plaque. Do NOT use a denture cleanser or toothpaste to clean the retainers, as it is abrasive and over time will make the retainers not as clear.

Because retainers are worn for many years, they may need periodic replacement. Your original treatment contract includes one set of retainers after the braces are removed. If the retainers are lost or damaged due to neglect, there will be a charge for replacement. If the retainers become loose or break, contact office immediately.

There are two options for replacement of clear removable retainers.

1. One retainer only: Hand-made vacuum-formed removable retainer. Currently \$150 per arch. (Item 811)\*
2. 3D printed Dual Retainers - three pairs of upper and lower retainers, six retainers in total. A digital model of your teeth is stored so can be used for future use. Currently \$474 total. (Item 811 x 6)\*

\*Please note that significant changes and or repair to your teeth will affect retainer fit.

## Fixed Retainers (Bonded or Permanent Retainers)

This type of retainer is designed to remain in place 8-10 years. You will also be given removable retainers that must be worn on a night time basis. Many patients become so accustomed to this fixed retainer, that they keep it indefinitely. If your family dentist says you are not keeping it clean and it is beginning to cause gum or bone problems, the fixed retainer may need to be removed.

The fixed retainer will protect the teeth as the patient gets older and the facial muscles get tighter. Flossing underneath the fixed retainer will help prevent plaque build-up and tartar

formation. Please have this fixed retainer monitored by your family dentist at your six-month check ups. If the fixed retainer is ever broken or feels loose, please contact our office immediately, so that we can repair or replace it. There may be a charge for repair or replacement, especially after the first twelve 12 months since fitting. Again through normal wear and tear, they can break or get damaged.

- Pen or pencil biting
- Spacing between the teeth prior to treatment
- Severely rotated teeth

Our goal is to help your smile stay beautiful and healthy for a lifetime. Your cooperation is essential in order to achieve this goal.

## Examinations and Cleanings

The patient should continue with proper oral hygiene procedures at home, which includes thorough brushing and flossing techniques. The family dentist should see the patient at least every six months for a professional cleaning and dental examination.

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Patient

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Guardian if applicable

Date     /     /