



Grayslake Orthodontics, PC
Dr. David Hertzberg, DDS, MS
160 Commerce Drive, Suite 101
Grayslake, IL 60030
847.548.4330
Fax 847.548.4335
info@grayslakeortho.com
www.grayslakeortho.com

Phase I Retainer Rules

After the Phase I appliances have been removed, it is important to wear the retainers given as indicated. There are many different types of retainers used depending on the original problem and the appliances used to correct the problem.

Expanders – Usually a Palatal type retainer that fits in the roof of the mouth is used. After removal of the expander, the retainer is worn full time for the first 3 months (except when brushing teeth), then only at night. If braces are part of Phase I treatment, the retainer is worn with the braces. The expansion is usually stable after 12 months, but we like to have the retainer worn as long as possible if it still fits. How long the retainer fits will depend on how quickly the remaining permanent teeth erupt. As the teeth erupt, the fit of the retainer will become more difficult.

Braces – In most cases a Hawley type retainer is used which has wires in the front of teeth and acrylic behind the teeth. These are worn around the house and overnight for a minimum of 12 months, but ideally longer if the eruption of the permanent teeth allows.

Space maintainers – These are used to hold teeth in place when there has been early loss of primary (baby) teeth or to prevent tipping of molars when ankylosed (fused to the bone) teeth are present. Space maintainers usually stay in until the affected permanent teeth have erupted (often many years) and are critical to avoid any unwanted tooth movement, which could make later treatment more difficult. It is important to avoid sticky and hard foods as those will damage the appliance. Appointments are needed every 3-6 months to monitor eruption of the teeth.

- **Always** put retainers in their case when they are not in your mouth. Take your retainers out when eating (only Hawley type) and **never** wrap them in a napkin. Also, dogs love to chew them, even if in the case, so keep them in a very safe place at all times.
- Clean retainers thoroughly, once a day, with a toothbrush and toothpaste. Use warm water but not hot as this will cause distortion and the retainers will not fit. Brushing retainers removes the plaque and eliminates odors. Efferdent or other orthodontic appliance cleaners can be used but these do not take the place of brushing.
- It is very important to attend the recommended follow up appointments for the retainers. Normally, this is 4 weeks after initial delivery, then 8 weeks, then 12 weeks, after that every 6–12 months. This is to make sure that any problems that are present are treated in a timely manner. We will also monitor growth, development and eruption of the teeth during this time. All of this is included in the Phase I fees. Full Comprehensive treatment will be advised, if needed, once the remaining teeth have erupted. Our office will discuss the needed treatment and any associated fees at that time.
- If there is any problem with the fit of the retainer, please schedule to come in sooner.
- **ALWAYS BRING YOUR RETAINERS TO THE FOLLOW UP APPOINTMENTS.**