



Douglas Rollins, DMD, PC  
Orthodontics for children and adults

## Retainer Instruction and Consent Form

**Congratulations on your new smile! Now comes the REAL work - holding your teeth in their perfect position :-)** Please read this page and initial/sign where indicated.

1) Your upper retainer(s) is/are removable and mostly made of plastic. Plastic retainers must be worn exactly as we ask for the time period we specify - don't listen to your friends who say they wear their retainers less! And be careful! Removable retainers are very easy to lose - NEVER put one in a napkin, paper towel, tissue, paper bag, or anything disposable when you go to eat. You THINK you'll remember to take it out of that napkin, but you might NOT! These retainers cost \$ 275 each to replace; and if you lose it (or bend or brake it) but don't tell us, your teeth can shift back. So please don't lose, bend, or break it; but if you do, tell a parent the moment you realize it!

2) Your upper and/or lower fixed lingual retainer(s) is are little bonded wire segments affixed to the inside of the front teeth to keep them from moving. Bonded retainers are more convenient than removable retainers - you can't lose a bonded retainer. BUT there are two problems you may encounter with bonded retainers:

a) One or more of the little spots of adhesive affixing the wire to the inside of the front teeth breaks (usually from a rib or chicken bone, or a carrot/celery stick). When this happens, the wire can poke the tongue rather uncomfortably. Call us immediately if this happens. Repairs of such retainers vary in cost - usually under \$ 75.

b) These bonded retainers are more difficult to clean around, as they make flossing difficult. You must, at least once per day, floss or otherwise tooth-pick between the teeth that are bonded together. And you MUST see your dental hygienist regularly (at least once per year, preferably twice) if you are to keep this type of retainer. And most importantly, such bonded retainers are NOT permanent!!

You may not have such a retainer kept in your mouth past 5 years, or if you no longer regularly see a dental hygienist. Please remember now that, if you keep this wire well into adulthood, you could develop periodontal (gum) disease or cavities under the wire, causing tooth/gum damage or even tooth loss! \_\_\_\_\_ (init.) If you move out of town or otherwise leave our care without us removing this wire, you are accepting responsibility for any damage that occurs. \_\_\_\_\_ (init.) In other words, let us help you before you leave us!

Thanks again so very much for letting us be a part of your smile! We look forward to continuing to see your smiling face for years to come. And if your experience here hasn't been great, tell us; if it has, please tell others! :-)

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Thanks again so very much for letting us be a part of your smile! We look forward to continuing to see your smiling face for years to come. And if your experience here hasn't been great, tell us; if it has, please tell others! :-)

Signed \_\_\_\_\_  
(patient)

\_\_\_\_\_  
(parent)

Date \_\_\_\_\_