



SmileShield

by

TROTTER ORTHODONTICS

Congratulations on your new smile! We want to help you maintain your new smile for a lifetime, so we developed SmileShield to protect it. Here are a few important items you should know about your new smile and the retainers we have provided for you to protect it:

- 1. Retention is for Life!** We recommend wearing your retainer as directed for the rest of your life in order to maintain the alignment of your teeth.
- 2. Schedule for wearing your retainer unless otherwise instructed is:**
 - Full time for 6 weeks (including sleeping)
 - 12 hours per day for 6 months
 - Every night indefinitely
3. The retainer should be removed for brushing, flossing, eating, and drinking (except unflavored water).
4. Use a toothbrush to clean your retainer with **soap** under **cold** water daily. Do not use toothpaste, as it can scratch the retainer. If you have a bonded retainer (one attached to the teeth), be careful to brush the wire and to feed dental floss between the wire and your teeth daily as directed.
5. Do not expose the retainer to heat or hot water as this will cause it to change shape and stop fitting.
- 6. Always bring your retainer to each appointment!**
- 7. Never wrap the retainer in a napkin or paper towel or leave it lying around out of its case.** You or someone else may throw it away. Always store the retainer in the provided case when you are not wearing it.
- 8. Never leave your retainer within reach of a pet.** Dogs love to eat them!
9. Your new retainer may make your teeth sore for a day or two.
- 10. About the SmileShield program:** You have been provided with 2 retainers - a primary retainer and a backup retainer - and a printed model of your teeth. **Should you lose or break your primary retainer and need to begin using your backup, call our office immediately to schedule an appointment to bring in the printed model of your teeth to have a new backup made.** By following this protocol, your teeth will stay in their current alignment. The current fee for a new backup retainer made from your printed model is \$ 90 . If you go without a retainer and allow your teeth to shift, requiring a new impression be made in order to make a new retainer, the current replacement fee is \$ 250 . These fees are subject to change without notice.