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## **Perfector Retainer**

Congratulations on having your braces removed! We are now entering the very important retention phase of your orthodontic treatment. Long-term studies show that orthodontic problems reoccur, so retainers are necessary to maintain our orthodontic results on a long-term basis.

I have selected a specific type of retainer called a **perfector** to treat the bite tendencies that you have. This type of retainer is an active appliance. It treats the problem bite you have and helps to perfect, stabilize, and maintain your teeth.

You need to wear it for four hours during the day and at night when you sleep. The daytime hours do not necessarily need to be all at once and the more you wear it the better your bite will be. When wearing this retainer during the day, you should always keep your lower jaw in the retainer, and clench your jaw muscles for 10-15 seconds, then relax for 10-15 seconds without actually removing your jaw from the retainer. After six months you will likely go to nights only. You may also use this retainer as a mouth guard for sports to get extra wearing time.

You have been given a “set up” box that has models of your teeth from which the perfector was made. Keep this box in a dry, safe place. Sometimes a perfector will split from wearing it so well, and the company guarantees the appliance, so there will be no charge to replace it you have the set up models. The charge for a lost or damaged perfector is \$250.00. The perfector, office visits during retention, and post treatment records were included in your original treatment fee. After two years of adjustment appointments, there will be a nominal charge for perfector adjustments.

Store the perfector in the plastic case provided. If you have a pet, store the case in a drawer or cupboard that the pet cannot open. Pets love to chew on the perfector, they love the smell, and they can destroy the perfector.

Periodic office visits will be necessary for about two years during retention. The purpose of the visits will be to check the perfector, and to make sure that the teeth are stabilized. Appointments will decrease in frequency over the two years, but feel free to make an appointment anytime that there is a problem with the perfector or if the teeth are shifting. Please **bring your perfector** to all appointments so that it can be adjusted and checked. Also bring your set-up box any time you feel that there is a problem with your perfector in case it needs to be sent in for repair or remake.

Clean the perfector at least once a day by brushing it with a toothbrush. It may be soaked in Retainer Brite, Efferdent, baking soda, vinegar, or mouthwash, but do not put it in anything toxic (i.e. bleach or alcohol) or in boiling water.

We appreciate the opportunity to have provided your orthodontic treatment, and we will help to assure that the results are stable for years to come.