

Retainers and Positioners

Dr. Newhart uses three main types of appliances for retention: Tooth Positioners, Clear Retainers and Hawley Retainers

Tooth Positioners

- Dr. Newhart will often recommend a tooth positioner as part of your retention program. If a positioner is recommended for you, always wear it as directed by Dr Newhart.
- Retention requirements are different for each patient and it is important to follow his instructions for the best result.
- Unless otherwise directed, positioners are to be worn a minimum of 10 hours/day for maximum effectiveness
- Positioners never need to be worn out of the house
- Heat the positioner in hot-to-touch, not boiling water until it is soft before placing into your mouth
- If you need larger air holes, please call the office and an adjustment can be made for you
- Brush and clean your positioner after each use



Removable Retainers

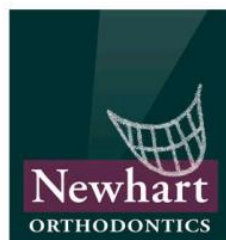
- Dr. Newhart will recommend one of two types of retainers for your long term retention program. Always wear your retainer as directed by Dr. Newhart. Retention requirements are different for each patient and it is important to follow his instructions for the best result.
- Unless otherwise directed, retainers are to be worn full time after your braces are removed.
- In the early stages of retention, retainers are to be in the mouth or in their case to keep them safe. Most appliances are lost in school lunch rooms or restaurants.
- Clean retainers thoroughly once a day with a toothbrush and toothpaste. Use warm but not hot water. Brushing retainers removes the plaque, and eliminates odors. Efferdent® or other orthodontic appliance cleaners can be used, but do not take the place of brushing.
- Initially, you may find it difficult to speak. Practice speaking, reading, or singing out loud to get used to them faster.
- Retainers are breakable, so treat them with care. If retainers are lost or broken call us immediately.
- Call us. Do not try to adjust them yourself.
- Always bring your retainers to your appointments.
- Retainer replacement is expensive... with proper care they will last for years!
- Remove retainers when swimming.
- Keep retainers away from hot water, hot car dashboards, pockets, the washing machine, and napkins.



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