

Congratulations for completing your orthodontic treatment. You have put months of hard work in achieving such fantastic results. We are excited for your new, happy, and healthy smile!

Wearing retainers (retention phase) is a lifelong commitment. Teeth always have the tendency to shift, regardless of your age or health state. We cannot stress enough the importance of your commitment in wearing your retainers to protect your teeth from shifting.

Here are some points to keep in mind:

- **You would need to take your retainers off when you eat, drink, or brush your teeth. Drinking stillwater is fine.**
- **For the first 2 weeks, wear your retainers full time, even when you are sleeping.**
- **On the 3rd week, wear your retainers only at home time. Do not take it to your school or work anymore.**
- **On and after the 4th week, wear your retainers nighttime only. Despite nighttime retainer use, if you still feel your teeth are slightly shifting, it is okay to wear them more often.**
- **Keep your retainers inside the case if not used. Keep the case away from young children or pets.**
- **Clean your retainers gently after each use with room temperature water and a soft bristle brush. You may use hand soap or even mouth wash for better cleaning. Please do not use any toothpaste on retainers.**
- **As a courtesy, Elate Orthodontics is gifting you an additional set of retainers at no extra charge. You will also receive one retainer check visit included in your treatment (unless phase I retention).**
- **More retainers can be purchased at an additional cost.**
- **Please let us know ASAP if you need help with your retainers. Teeth can shift in matter of days.**

Elate Orthodontics team

Smile on!