

**Information for the time after the treatment**

After the removal of the fixed appliance or after the correction of teeth by a removable appliance, there follows the period of retention when it is necessary to further wear the removable or the retention appliance, till the teeth become stable in the acquired position. During the first months following the removal, the teeth are most inclined to relapse (return to the previous position). This is why it is necessary to continue wearing the retention appliance regularly according to the surgeon's instructions.

Always apply the appliance to **clean** teeth and after taking it out of your mouth put it in a box.

Wash it under running water with a toothbrush.

When seeing a dentist (filling of a tooth) bring the appliance with you, to be able to feel that it fits after the treatment.

Always bring the appliance for a check with your orthodontist.

Inform the surgeon by phone about any possible complications like damage to the appliance, pain when wearing it, shifts of the teeth, etc.

The use of the appliance must not be interrupted, even during a holiday, stay in hospital, etc.

It is necessary to keep the terms of the checks according to the surgeon's instructions.

The appliance is to be protected against pets (dog, cat).

The insurance company does not cover the cost of further treatment after its willful interruption. It also does not cover the price of repair or loss of the appliance.

Some patients have a fixed retainer stuck on their teeth. This needs perfect mouth hygiene - the use of an interdental brush – and regular examinations. If any of the teeth gets loose, it is necessary to make an immediate phone appointment with the surgeon.

The length of the retention period is different with every patient – in general it is true that the longer the retention appliance is used, the more stable the result of the treatment is.