

## Retainer wear

We will see you two months after your braces are removed.  
Please use the following schedule to decrease wear from then on:

2 more months- full time wear.

4 months- night time wear.

4 months- every other night wear.

2 months- 2 night a week wear. BE CONSISTENT on what two nights you wear your retainers.

2 months- 1 night a week wear. BE CONSISTENT with the same night every week!!! (Mondays or Sundays tend to work best)

From then on try in once a week FOREVER as long as you want to your teeth to stay straight.

You can never wear your retainers too much! If you feel more comfortable wearing them more often, that is fine too.

Please feel free to call if you would like us to check your retainers or if you are having a problem!!