
Nick Romanides D.M.D.

7608 Bergenline Avenue
North Bergen, NJ 07047
(201) 869-1107

RETAINER-RETENTION

To treat or maintain the finished result, it is imperative that you adhere to your retention schedule. If not followed, your teeth may shift to the extent that the result we both worked so hard to obtain will be compromised. As we discussed, this can be avoided by simply wearing your retainers as directed. My staff and I will help you in any way possible to adhere to your retention guidelines.

Please call the office if you have any questions.

The following are a few guidelines that will help you get the most benefit from your retainer:

1. Your retainer should fit comfortably and snap in securely. If it doesn't, let us know.
2. Wear your retainer **exactly** as we instruct.
3. Keep your retainer **CLEAN**. Gently rinse or brush your retainer. This should be done at least three times a day. Never leave it in hot water or near a hot surface; it could change shape and then it won't fit.
4. Store retainer in the case we supplied, when out of the mouth.
5. If you lose or break your retainer, call us immediately. Replacement retainers will be supplied at a cost of **\$150.00**.
6. No chewing gum – it sticks to the plastic.

Remember that it is delicate and expensive to repair or replace. Please handle with care.

NOTE: Please make sure you bring your retainer on every visit.