

## Invisalign Post- Treatment Retention Information

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Congratulations!

You have completed the invisalign treatment! Your teeth are in their most ideal position. We want to keep them where they are, and the best way to do this is through wearing your retainers on a regular basis.

The following is our protocol for retention:

- **First 8 months:** 24 hours/ 7 days retention—just like when you were wearing the invisalign aligners
- **After 8 months:** reduced frequency. We will confirm the frequency at the time of your next visit.
- If you have a fixed wire, be sure to monitor the wire. If there is any loosening of the resin tabs, please contact our office immediately (415) 518-4992

The current recommendation for post orthodontic retention is “*retention for life*”. Studies show that the first 10 years are the most critical in preventing relapse.

There is one guarantee we can offer you, it is that *if you do not wear your retainers, your teeth will move.*

After our follow-up visit, we will discuss reducing the frequency of retainer wearing with you. We want you to enjoy your fabulous smile for as long as possible, and following the retention protocol is absolutely critical.

Finally, we want to thank you for being such a wonderful patient. Please feel free to share your positive experiences with friends and family. Let us know if you have any question.

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By signing this document, I fully understood the importance of retention and agree to follow the protocol and return in 8 months for the complimentary checkup. If teeth move or change positions as a result of lack of compliance for retention or I fail to return for the retention checkup, I would be fully responsible for any additional Invisalign treatment costs.

Name: \_\_\_\_\_ (print) Date: \_\_\_\_\_

Signature: \_\_\_\_\_