

## Retainer Options

Congratulations on being close to the end of your orthodontic treatment! We know that you are excited to get your braces off soon and show off your new smile. Keeping your smile beautiful requires you to wear retainers; **this is a lifetime commitment**. Below are the retainer options available to you. **Please indicate your retainer selection by circling the retainer(s) you have selected in the retainer type column below.**

Dr. Freeman's recommendation: Upper \_\_\_\_\_ Lower \_\_\_\_\_

Retainer Type	Option	Removable	Adjustable	Invisible Appearance	Average Retainer Life With Normal Wear & Care	Things to Know
Hawley		Yes	Yes	No	3 years	Remove Hawley retainers when you eat & brush your teeth You can lose your Hawley retainer- it's removable
Clear Plastic Retainer		Yes	No	Yes	18 months	You must remove your clear retainer to drink (except for water), eat and brush your teeth You can lose your clear retainer- it's removable
Upper/Lower Bonded Retainer		No	No	Yes	3 years	You need to have excellent oral hygiene, floss daily, have routine dental cleanings and be careful with your food selection as you do not want to break your bonded retainer

**Your first set of retainers is included in your treatment. Just like eyeglasses and shoes, retainers will need to be replaced periodically. The current replacement cost is \$225 per removable retainer and \$350 per bonded retainer. \*\*Please note if any restorative work is necessary after you've been provided the first set of retainers, there will be a fee to replace them. \*\***

**\*\*Please note we will require a parent/legal guardian present at the braces off appointment for the first 20 minutes!\*\***

Signature \_\_\_\_\_ Date \_\_\_\_\_

Patient's Name (please print) \_\_\_\_\_