Q: How long do I have to wear my retainers?

A: As long as you want your teeth to stay straight.

Care for your new retainer

Different types of retainers require different types of care. If your retainer has solder joints, denture cleanser will wear it away, yet it is recommended for Zendura clear retainers. Other soaking cleansers on the market, like Clear Bright, are deemed safe.

The general consensus among orthodontic laboratory owners is simply brushing them when you brush your teeth—after your teeth have been brushed as most of the harsh abrasives in the toothpaste will be gone. Plaque and dried saliva will build up quickly on your retainer if it is not cared for properly.

Replacing your retainer

Whether they last six months or 17 years, retainers need to be replaced from time to time. They wear out, break and the invisible retainers can stretch. If you want to keep your teeth straight, they need to be replaced.

Ask your dentist or orthodontist about Bryn Mawr Orthodontic Lab’s Hassle Free Replacement Program. A new retainer can be delivered right to the office, or to your door, with a simple phone call instead of the need for new impressions, and in as little as three days.

Wear Your Retainers!

Study after study has proven that in as high as 90% of orthodontic cases, relapse will occur, some to the point as if you had never had braces, if retainers are not worn as directed. You now have a beautiful smile. Keeping it that way is now up to you.
Retention is for life

The first six months is the “danger zone” which is why the typical course of post treatment is 24/7 wear for the first six months and then nighttime wear after that.

Your teeth and their roots have just been through a very traumatic event. They have been twisted, rotated, torqued, ripped, shoved and tipped. They need time to settle and heal in their new positions. Relapse can happen very quickly during the first six months if the retainers are not worn as directed — teeth can begin to relapse in as little as a week!

After the first six months, the teeth, roots and underlying structure is still healing but are over most of the trauma. It takes about 270 days for it to fully heal.

Whether you have had orthodontic treatment or not, teeth shift as we get older — unless you have super great genetics. With orthodontic patients, this is even more prevalent as the teeth actually “remember” where they used to be and want to try and get back there.

Many things can contribute to relapse. Grinding and clenching, dental work, and tongue habits are a few. Wearing your retainers as directed will help combat this natural process.

A lot of time, money and discomfort just went into getting you a beautiful smile. Don’t let it go to waste! Wear your retainers as directed and replace them immediately if they are lost or wear out.

Hawley Retainers
With proper fabrication and care, these last 5+ years and have been shown to last longer than 10 years. Premium wire and laser welded joints makes this guaranteed.

Hawley Retainer with Labial Acrylic
Labial acrylic can be added to your Hawley Retainers to help with retention. Typically clear, it can also be colored to accessorize your teeth or the wire can be camouflaged with tooth shade acrylic to hide the wire.

Clear Bow Retainer
Premium appliances with all of the durability and benefits of a Hawley and the aesthetic qualities of an invisible retainer.

Invisible Retainers
Clear and tight fitting, the standard material last 6-12 months at most. Better materials and more comfortable options are available.

InvisX Retainers
Made with a soft, colorful inner layer and Zendura outer shell, they last longer, are more comfortable and are harder to lose.