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www.hugoorthodontics.com or (011) 475 1320/1

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3 Carnation Street (Behind Flora Clinic)

PO Box 5532, Weltevreden Park, 1715
Practice Number: 6400787

o r t h o d o n t i c s

RETENTION:

The end of active orthodontic treatment has now been reached and we are entering the very important retention phase to stabilize the occlusion.

The retention appliance you have been given should be worn as follows:

- For the first week: Full time, except when eating, drinking and brushing
- For the second week: Afternoons & nights
- Thereafter for the first year: sleeping hours at night
- From the second year: every second night.
- It is very important to keep checking the retainers and to wear them as necessary for the rest of your life, whenever they start feeling tight
- Should your retainer break it is very important to contact us to arrange for a new one to be made.
- If you have missing teeth, which need to be replaced by implants or bridges, you must please visit your dentist to plan for these within 3 months of the removal of your braces. If the missing teeth are in the front of the mouth, we place a temporary false tooth in position, but this must be replaced and maintained by your dentist within 3 months. Once your dentist has completed the bridge or implant, we will make a new retainer to fit the tooth correctly.

CLEANING OF RETAINERS:

- Wash retainers in cold water using soap or diluted Sunlight liquid
- Sterident can also be used but only with cold water

POST- TREATMENT VISITS:

- Usually the first visit will be 6-12 weeks after debanding at which time the retainers will be checked and final records will usually be done at this visit
- The next post-treatment visit will be after 6 months and thereafter at 6-12 month intervals depending on the nature of the case
- If you had a first stage of orthodontics, you will usually be monitored every 4-6 months until you are ready to start the next stage of treatment
- If you need to have jaw surgery at the end of growth, you will be monitored until growth is complete as determined by a hand-wrist Xray, at which time braces will be replaced in preparation for the osteotomy
- It is extremely important to bring your retainers with you to each visit

POST – TREATMENT COSTS:

- On the day of the patient's debanding, the post-treatment costs as per your original quotation, will be charged.

I have been informed and am aware of the retention phase after completion of treatment:

Signature: _____

Name of Patient: _____

Date: _____