

# Consent Form Richter Retainer Patient Agreement

*Please review the requirements and guidelines before ordering the Richter Retainer*

- Once given the Richter Retainer it is recommended to wear 24/7 for 3 months removing only to eat and brush. After the 3 month period nighttime wear is recommended indefinitely.
- If the retainers are not worn as suggested teeth will likely relapse, requiring additional treatment at an additional cost.
- Any fit or discomfort issues should be reported to your orthodontist immediately to prevent any potential relapse.
- The Richter Retainer is the final retainer. No additional retainers are required, such as an Essix retainer that covers the teeth. Please allow 9-12 months for the back teeth to settle in.

## Follow up Richter Retainer Appointments

---

- A 3 month retainer check is recommended after the delivery of the Richter Retainer. This will allow the orthodontist to check the progress of settling of the posterior teeth.
- Please bring all retainers to future appointments.
- If you need to be seen sooner please call the office to schedule an appointment.

## How to clean your retainers

---

- It is important to brush and floss your teeth twice a day to prevent stains and cavities. Staining of the retainer may occur due to poor oral hygiene.
- When you take your retainers out in the morning, make sure you rinse them with COLD water and brush them with a soft toothbrush and soap. Do this 1-2 times a day.
- Antibacterial and dish soap work best.
- Do not use toothpaste on your retainers. It will cause them to look foggy and wear down faster.
- To freshen and deep clean the retainer(s) you can purchase **Retainer Brite** from Amazon or a gentle retainer cleaner from the store. Use as directed from the directions on the box.

- You can do this up to 2-3 times a week.
- Denture cleaner is not recommended for cleaning the Richter Retainer as it can wear down the retainer and cause wear and tear.

### Retainer DOs and DONTs

---

- DON'T eat or drink anything with your retainers in. WATER IS OKAY.
- DON'T boil, microwave, or soak your retainers in anything except what's suggested for retainer products. This will permanently deform them and require replacements.
- DO keep your retainer away from dogs. DOGS LOVE TO CHEW THEM UP!
- DO keep your retainers in the case provided. Never wrap in a napkin, etc.
- DO remove them by starting in the back, don't start in the front THAT'S HOW THEY CRACK.

### Financial

---

- If your retainers get thrown away, lost, stepped on, your dog eats them, etc., it will cost \$\_\_\_\_\_ PER ARCH to replace.
- If you notice wear and tear due to natural causes, please contact your orthodontic office to get your retainer evaluated.

### Patient Consent

---

I have read, understand, and agree to the instructions and policies stated above.

Print Name: \_\_\_\_\_

Sign Name: \_\_\_\_\_

Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_