

Demko Orthodontics, LLC Retainer Review ~ Retainers are extremely important in your orthodontic treatment and we want to make sure that you remember the important details about wearing them.

We'd like to provide extra incentive, fill out this short Retainer Review. click the "submit" button at the bottom of the page. Your answers will be emailed to us, once received we will post **one FREE year* in our Retainer Assurance Program** (\$85.00 value). *The one Free year is valid for patients just receiving their new retainers.

Patient Name: _____

1. Fill in the blank...Your teeth will _____ if you do not wear your Retainer.
2. How long should you wear your Retainer on a full-time basis after they are placed?
 - a.) 9 mos AND until Doctor tells me I'm ready for pm wear
 - b.) I only have to wear them to bed
 - c.) 5 years
 - d.) 1 month
3. True or False (check one): After a few years I don't need to wear retainers anymore.
Why? _____
4. True or False (check one): Your speech patterns will be affected during the first week of wear with your new Retainer. If I KEEP IT IN, my speech will return to normal.
Why? _____
5. Fill in the blank...I should speak _____ er and _____ er to help people understand me.
6. When should your removable Retainer be cleaned?
 - a.) When they get stinky
 - b.) after each meal
 - c.) when I go to the dentist
 - d.) before I go dumpster diving
7. True or False (check one): If I am at McDonalds with friends and don't have my retainer case with me it is ok to wrap in a napkin or put in my pocket.
8. True or False (check one): There will be a charge to repair or replace your retainer?
9. The most ideal place to store your Retainer is in:
 - a.) Your pocket
 - b.) Your lunch tray
 - c.) Your mouth
10. Fill in the blank... If I ALWAYS have a set of retainers that _____ and are stored properly in my _____ my teeth should continue to look as good as they did the day of my removal.
11. Fill in the blank...Never adjust on your own retainer because _____
12. True or False (check one): It is ok to remove my retainers with my tongue or other things.
13. True or False (check one): If my retainers are feeling funny, I should wait till my next appointment.
What should you do? _____
14. Main reason retainers break or get ruined
 - a.) Playing with them
 - b.) Dropping them
 - c.) heat