



# RETAINER

## Instructions

Completed orthodontic treatment does not guarantee perfect teeth for the rest of your life. Your teeth will try to move. A retainer is an appliance designed to keep your teeth in their current positions.

### HOW LONG DO I NEED TO WEAR RETAINERS FOR?

You need to wear retainers for as long as you want your teeth to stay straight! Lifelong retainer wear will minimise the chance of your teeth moving. If you are wearing your retainers, wisdom teeth will not cause tooth movement.

### REMOVABLE RETAINERS

#### WEAR

- **First 3 months:** wear them full-time (22 hours/day). Only remove when:
  - Eating
  - Drinking (exception is cold or room temperature water)
  - Cleaning your teeth
  - Playing sports or swimming
  - Playing a wind instrument
- **Rest of your life:** Every night (minimum of 10 hours)

#### CARE

- When removed, always store them in the case provided. Never wrap it in a tissue or place it in your pocket.
- Keep out of reach of dogs.
- They are affected by heat; avoid hot water/drinks, heaters, hot cars etc.

#### CLEANING

- Every time you brush your teeth, remove the retainer and brush them with a different toothbrush and hand soap. Avoid using toothpaste.
- Deep clean once a week: 30 min soak in denture /retainer cleaner, or diluted white vinegar (1 tbsp/1 cup water).

### BONDED/FIXED RETAINERS

#### CARE

Your fixed retainer is strong but not indestructible. Biting into hard foods can bend the wire or break the glue, which may cause your teeth to shift. That's why wearing your removable retainers is essential! If your removable retainer feels tight for more than a few minutes after you put it in, it means your teeth are moving. Schedule an appointment with us to have it checked and in the meantime wear your removable retainer as much as possible to prevent further movement.

#### CLEANING

Brush the retainer when you brush your teeth. Use either piksters or superfloss at least once daily to clean under the wire.

#### OTHER

You must still wear your removable retainers as directed.

### FOLLOW UP

We continue to see you for over 12 months after completion of treatment. Make sure you **bring your retainers to every visit**.

### PROBLEMS

#### BROKEN OR LOOSE FIXED RETAINERS

Until you can see us, wear your removable retainers full-time.

#### BROKEN OR LOST REMOVABLE RETAINER

Contact us ASAP so we can organise a replacement.

#### OTHER

Like other personal items, retainers may also wear over time. Replacing a worn retainer is a wise investment in your new smile.

#### NOTE

New retainers or repairs of broken retainers will have an associated fee.