



# Instructions for your Retainers

## WHAT IS A RETAINER?

Retainers are used after orthodontic treatment has been completed to ensure the teeth remain in their new positions. If you do not wear your retainers your teeth may become crooked.

## WHAT TO EXPECT

Your retainers may feel a little tight and uncomfortable for a few days. This is normal! Your speech may also be affected initially, but will improve quickly.

## CARING FOR YOUR FIXED RETAINERS

- Clean your teeth as normal with toothbrush, toothpaste and floss.
- Floss underneath the fixed retainers daily with 'superfloss' or by using a floss threader.
- If the fixed retainer becomes loose, or breaks, please let our office know and we can make you an appointment to have the retainer repaired.

## CARING FOR YOUR REMOVABLE RETAINERS

- Wear your retainer for 3 weeks full time and then reduce the wear to 12 hours per day (night time wear).
- Clean your teeth and retainers with a toothbrush and toothpaste. Make sure the retainer is supported in the palm of your hand to avoid cracking.
- Remove the retainers before eating, drinking and playing sport. Store them in the case provided when you are not wearing them.
- Retainers are sensitive to heat. Therefore do not leave them in the sun or clean them with hot water.
- To keep your retainers extra clean occasionally soak them with denture cleaning tablets.
- Wear facets can form on your retainer. These are caused from grinding your teeth when you sleep. These are ok and do not affect the function of your retainer. If your retainer cracks from grinding please let us know as you may need a grinding splint and these are generally supplied by your dentist.
- If you experience any problems with the retainers, please contact the practice.

*Please note if a retainer is damaged an additional impression appointment and fee will occur.*