

## Retainer Use and Care

### Retainers

This is the last stage but a very important part of treatment after the fixed appliance/s (braces) are removed.

You will be fitted with an appliance called a retainer.

Patients must wear a retainer exactly as instructed otherwise your teeth may move into an undesirable position. These retainers hold your teeth in their new position until the bones and gums support these new positions and teeth are stabilised.

If you do not wear your retainer then your teeth can move and all the effort you have put into wearing your braces will be lost.

You may find your speech will be affected for the first few days until you adjust to wearing the retainer.

Retainers are temporary. Removable retainers are worn full time during the first six months. The time is then gradually reduced to night time only and should continue for 18-24 months or until third molars (wisdom teeth) are assessed and their fate determined.

If you are unable to wear your retainer i.e. it is lost, broken or needs an adjustment, you should contact the centre so that an appointment can be made as soon as possible.

Be patient – it does take time for you to get accustomed to wearing them.

Although you have fewer visits to the centre your appointments are still important.

### Wearing Your Retainer

It won't work in your pocket.

If your retainer is taken out to play sport, swim or to eat then it should be in the retainer box provided.

Don't wrap it in a tissue or put it down anywhere as it may get thrown out, or stepped on or even chewed by the dog.

If the retainer is causing you any discomfort or if for any reason it is unable to be worn phone the centre straight away. Don't wait for your next appointment.

### Cleaning Your Retainer

Clean your retainer 2-3 times a day. Take it out to clean your teeth. Use toothpaste and brush to clean the retainer. Be sure to brush both sides. Soak your retainer once a week in retainer brite for 3 mins eg. ½ tablet in a cup of luke warm (NOT HOT ) water.

Don't use hot water as this will distort the retainer.

When worn correctly the retainer cannot be lost or broken. If you flip them in your mouth with your tongue it is likely to break and annoy others.