



Retainers

CONGRATULATIONS on your new smile! In order to keep your new smile great you need to wear your Retainers as instructed. The following is a typical guide however individual instructions may vary depending on your original bite issue.

When do I wear my Retainers?

Full-time Removable Retainer wear (day and night) should be worn for a minimum 6 months from the day your braces have been taken off (i.e. at all times except when you eat, brush your teeth, play contact sports that you wear a mouth guard for and swimming where there may be loss of retainers in the pool). After 6 months you should book in for a Retainer Review appointment and discuss your retainer wear with us. If wear has demonstrated stabilisation of your bite/smile it may then be suggested that your removable retainers could be worn part-time e.g. nights only (for a minimum 10-12 hours). Clinical research shows that no matter how well straightened teeth are, they will show a tendency for movement over many years as a consequence of the natural aging process. This means wearing your Retainers indefinitely, unless otherwise advised by your Specialist Orthodontist, is vital to holding your teeth in their treated position.

After 12 months following deband what should I do with the Retainers?

Keep your Retainers forever. You should continue to wear your Retainers as instructed. However, if you decide yourself to reduce wear it is strongly suggested that you at least try in the Retainers regularly (i.e. start of every week), for an indefinite period of time. When trying in your retainers if you notice 'tightening' or changing alignment of your teeth it is advisable that you wear them again full-time for at least two weeks for your teeth to be 'reset'. If you do not do this your teeth may move to a point where Retainers do not fit at all which means you will need to seek re-treatment.

How do I remove and put in my Retainer?

Ensure your Retainer is 'clicked' into place, by pushing the acrylic parts of the plate (not the wires (if applicable)). To remove gently ease the plates out, otherwise the wires can be distorted and 'push' your teeth out of alignment. Whenever you remove the Retainers place them directly into the case provided. If it is not stored in this container supplied, you increase the chances of damage to your appliance, which will have consequences to the fit of your appliance and therefore will be detrimental to the treatment outcome. Please do not leave in direct sunlight or exposed to other sources of heat. Avoid storing the Retainers where they could be physically damaged. Should the Retainers not fit in your mouth for any reason, or if they become very loose, then contact us ASAP.

If you accidentally misplace or break the retainers they will need to be newly fabricated, which will incur a laboratory fee. It is important that they be re-made ASAP otherwise your teeth may move back to a crooked position.



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*creating beautiful smiles
& harmonious bites*

How do I clean my Retainers?

Use a manual toothbrush with toothpaste daily (however, do not use toothpaste if you have 'clear aesthetic retainers'). Holding one of your Retainers in the palm of your hand, gently scrub the appliance all over, for 1 minute then rinse under tap water. Repeat for your second Retainer. Soak in denture cleaning solution, ¼ of a tablet for 5-10 minutes once a month. Never use hot or boiling water as this may distort the retainers. Care must be taken in handling the Retainers, they can break. If your Retainers have wire work, never 'hold' the Retainers by the wires whilst cleaning. During the day after meals you may rinse your Retainer prior to reinsertion into your mouth, under a cold tap water to clean any visible debris.

What do I do about my wisdom teeth (if applicable)?

Over the next few years you will be monitored and referred for the removal of your wisdom teeth if they are not going to erupt into a good position.

Do I need to go back to my general dentist? It is important that you book in for a check-up and a clean following the removal of your braces. Please continue to see your General Dentist on a regular basis. In addition you may contact us to check your Retainers.

When will I get used to the Retainers?

Retainers will take time to get used to. At first they may seem bulky, speech may be slightly affected and salivary flow may increase. However, if you persevere, it should not take too long to get used to and they will be hardly noticeable within 1-2 weeks.

If they continue to be uncomfortable you must make an appointment to have them checked as they may require minor adjustment.

Special note for those issued with 'Aesthetic Clear Retainers' (if applicable):

Over a variable period of time these Retainers may wear down by natural grinding of teeth together. This is a compromise between strength and the best cosmetic result for an 'invisible look'. If you notice 'holes' in the retainers in the years ahead it is important you book in to have these checked. These 'wear facets' may be fine to be left, but occasionally the plates need to be re-made. It is important that you are careful when handling these Retainers as they are more vulnerable to breakages.

Do not ignore a broken Retainer even if it is years since your braces have been removed. Please wear your retainers. This retention phase you are entering is as important.

It has been wonderful treating you. My patients are all very dear to me so please come back to visit to say 'hi'.

Take care, Elaine Lim

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