

Retainers

Now that your braces are off, it is important to wear your retainers to hold and support the teeth in their new position. This allows the bone and gums to re-establish themselves, otherwise your teeth will move. Remember, teeth can and will move— this is how we got them to where they are!

For the first 6 months you will need to wear your retainers all the time. Do not change your wearing time unless instructed. The **clear** retainer is for day wear and the **pink** retainer is for night wear unless instructed otherwise. Your upper and lower front teeth are also supported by a wire bonded behind them. This wire remains in place for several years and is very effective and important.

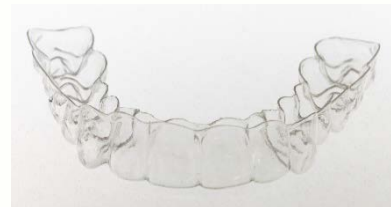
Always bring your retainers with you to every visit so we can check that they are still fitting correctly. When wearing your retainer do not 'flick' it in and out with your tongue as this could damage it. Always keep your retainers in your retainer box when they are not in your mouth otherwise they will get damaged or broken, replacement fees do apply.

Remember wearing your retainers is the most important part of treatment. If you loose or break your retainer contact us as soon as possible during office hours and wear your other retainer full time.

Clear/ Day retainer

Take your retainer out when eating, drinking hot beverages, swimming, playing sport, and brushing your teeth. Clean it every day using a soft toothbrush and some plain soap and **cold or warm** water. Use a cotton bud to gently clean the inside of you retainer also. Hot water will melt your retainer.

Do not use toothpaste as this will scratch your retainer. Soak your retainer for 10-15 minutes once or twice a week in **Retainer Brite** or a similar product (such as Polident) to help keep it clean fresh.



Pink/Night retainer

Clean your night retainer every day also using a soft tooth brush and toothpaste. Always hold the plate by the pink plastic, never the wire as it will bend. You may soak your night retainer in the same way as your day retainer.



Bonded retainer (the wire glued behind your front few teeth)

You must clean it every day with a special brush (a sample will be given to you at your de-band appointment). Slide the brush gently in and out between your teeth at gum level. You can also floss with a floss threader and ensure you brush well with your toothbrush behind your upper and lower teeth. In areas where it is hard to use a floss threader, continue to floss normally. The floss will stop at the wire, you can then angle it towards the gum and this will help keep your gums healthy.

If you notice it to feel different/ loose let us know immediately as it can simply be repaired.