



Sunrise
Dental Clinic
Orthodontic & Paediatric Dentistry

Retainer Instructions

Retainers Instructions



Congratulations on completing your braces!

The next stage of treatment is easy, we want you to keep your teeth straight for life, and therefore we want you to wear your retainers for life.



Wear routine

Removable retainers should initially be worn as instructed by the Orthodontist. How often you wear your retainers will be discussed when the retainers are given to you. For most people it is every night for 6 months, then alternative nights for 6 months. After the supervised retainer period is twelve months retainers can usually be worn 1-2 nights per week for life.

There is never a time to stop wearing your retainer, rather time of wear decreases but never stops.

Insert and remove the removable retainer as instructed. Always use two hands to do this or you can break your retainer. When the retainers are not in your mouth they should be kept safe in a brace box to avoid damage.

Cleaning

The retainers are cleaned with a nail brush or toothbrush and soap and cold water.

- **Do not use toothpaste** as this can scratch the retainer material
- **Do not use hot water** or they will change shape and no longer fit

The retainers can be freshened by using a cleaning tablet for 20 minutes twice a week such as "Retainer Brite".



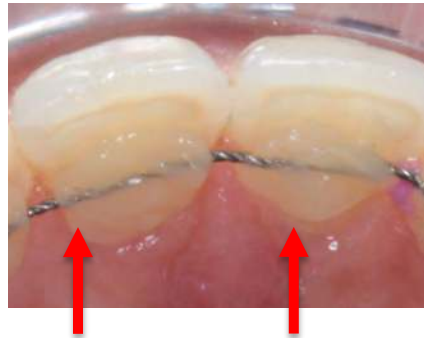


These are small pieces of wire, fitted to the inside surfaces of the teeth.

Tooth brushing

They need extra attention with respect to their cleaning. Spend an extra 30 seconds ensuring you clean the fixed retainer.

Ensure you contact all surfaces, especially the area of the tooth below the wire:



Floss / interdental cleaning

Use 'Superfloss' or interdental brushes regularly to clean between the teeth. Normal floss cannot be used as it cannot go down between the teeth. Superfloss is threaded through the teeth below the retainer and above the gum. The use of electric toothbrushes will help the cleaning.



Although the wire is a strong metal, the adhesive is much weaker and care must be taken not to fracture/break it. Hard, crunchy and sticky items should be avoided in the bonded retainer area, but if desired can be enjoyed elsewhere.

Problems / tips / terms



If you have **any problems** with the retainers please contact the practice without delay - please remember your teeth will move without a retainer.

Call us as soon as possible if any of the following occur:

- You lose your retainer
- Your retainer breaks, causes you pain or discomfort, or doesn't fit right

What to do if your fixed retainer breaks?

If the fixed retainer breaks please ensure you wear the removable retainer every night until your appointment to ensure no movement takes place.

What to do if your removable retainer feels tight?

If your removable retainers start to feel uncomfortable this could be a sign that your teeth are starting to move. If this happens wear your retainers during the day and at night for two weeks. This may be enough to gently squeeze your teeth back into their correct position. If your retainer starts to rub try carefully smoothing it with wax. If this doesn't work please let us know.

Hygiene

Now the braces are off it is worth seeing your Dentist for a check up and a thorough clean with a Hygienist.

Retainer review appointments

We will review you during the 1st year of retention. Please **remember to bring your retainers** to every appointment so that we can make any adjustments if necessary.

Retainer fees

If you lose or break your retainer, another retainer must be fabricated to hold your teeth in the right position. For similar reasons, if you lose/break the adhesive on your fixed retainer, more adhesive may be needed for stability. These will be charged according to what is required.

After the 1st year of monitoring during retention, we recommend seeing an orthodontist every 12 months for a retainer review long term. We are happy to arrange this review at our practice, there will be a charge for this appointment.