

Retainer Instructions



Retainer wear is extremely important! After we create that beautiful smile, lifelong retainer wear is required to maintain it.

Wearing retainers after braces:

After your braces are removed, the teeth need to be held in their new position while the supporting tissues around the teeth stabilise. Retainers are recommended to be worn full time for the first 2 months. The only times you may remove your retainer is when you are cleaning your teeth, playing a contact sport, eating or drinking anything other than water.

After this 2-month period, you will be advised to wear your retainer after dinner and overnight every night.

Wearing retainers after aligners:

When your aligner treatment is completed and the attachments are removed, retainers are recommended to be worn after dinner and overnight every night.

Speech:

In the first few days your speech will be altered and you will produce extra saliva. Reading out loud for the first 1 - 2 days will help you get your speech back to normal. The extra saliva will decrease over the first 2-3 days.

Fit and removal of retainers:

When wearing your retainer, it should fit like a glove over your teeth. There should not be a space between your teeth and the plastic.

To place your retainer, line up the front teeth with the same teeth on the retainer and simply use your fingers to push the plastic against the biting surfaces of your teeth and click the retainer into place. Never bite your retainer into place as your retainers will crack.

When removing your upper retainer, always use your index finger fingernails to pull the ledge to the plastic next to your back teeth downwards. Once the plastic has lifted

off your teeth, move your fingernails to the front of your retainer and pull the retainer down and out.

To remove the lower retainer, use your thumb nails and feel for the ledge of the plastic next to your back teeth. Push up so the retainer lifts partly off your back teeth. Move your thumbs to the front of your retainer and push the retainer up and out.

Always remove your retainers with your fingers on both sides. Never remove your retainer from one side as your retainer will crack.

Cleaning:

Your retainer should be cleaned every day with a soft toothbrush and cold running water (not hot water). Use the toothpaste that is left on your toothbrush after brushing.

When you are wearing your retainers full time, rinse them under running cold water after meals if you are unable to brush.

If the retainer develops a calculus build up or odour over time use 1:1 part white vinegar and water in a glass and soak for 2 hours. Rinse well under cold water and brush with a soft toothbrush before putting them back in your mouth.

Troubleshooting:

It is normal to experience some tooth discomfort when you are fitting your retainers and taking them out in the first few days.

If you experience swelling or allergy like symptoms, call us to schedule an appointment. For severe symptoms please discontinue use of your retainers and immediately seek medical advice.

If you have forgotten to wear your retainers and they feel like they are not fitting (there are spaces between your teeth and the plastic) please call us to schedule an appointment as soon as possible.

Please bring your retainers to every appointment.