



# Retainers

It is extremely important that you follow these instructions to keep you straight teeth in their position.

## **RETENTION IS A LIFELONG COMMITMENT.**

### Advice

1. A retainer is worn to hold your teeth in position while your gums and bone settle after tooth movement.
2. If you do not wear your retainers, your teeth will move out of line.
3. In the **first year after treatment**, wear your retainer **every night for 10-12 hours**.
4. In the second year after treatment, wear your retainer every other night for 10-12 or while you sleep.
5. From the third year after treatment, wear your retainer indefinitely 2-3 nights a week for 10-12 hours.

### Diet

1. Remove retainers for eating and drinking anything except cold water.
2. Otherwise you may damage the retainers, develop decay or permanently damage or stain your teeth.
3. If you have bonded retainers, avoid biting into hard, chewy and sticky food with your front teeth.
4. Otherwise you may dislodge or break the bonded retainer.

If you have any questions or difficulties please contact me.



## Discomfort

1. Expect the retainer to feel tight for the first few days.
2. If afterwards it still feels tight, it may indicate that you are not wearing it for long enough and your teeth want to move. Increase the number of hours you are wearing it.
3. Your tongue will take up to 3 days to get used to a bonded retainer.
4. Severe or prolonged discomfort should not be left until your next routine appointment. Get in touch sooner to arrange a visit.

## Cleaning

1. Brush your teeth prior to wearing your retainers.
2. Clean your retainers with a soft bristle toothbrush and **cold** water prior to wearing them. Invisalign cleaning crystals will help prevent discolouration. Or normal hand soap.
3. Use *Super Floss* or an interdental brush to clean between your teeth if you have a bonded retainer. Ensure you brush well with your toothbrush around it.
4. Severe or prolonged discomfort should not be left until your next routine appointment. Get in touch sooner to arrange a visit.

## Sports and activities

1. Remove retainers to play sports and if swimming.
2. A mouthguard must be worn for all contact sports.

If you have any questions or difficulties please contact me.



## Breakages

1. Never use your teeth to press the retainer into place. Use your fingers as instructed.
2. Repeatedly clicking the retainer in and out with your tongue will loosen or break your retainer.
3. Store your retainer in a rigid container to avoid damage or loss.
4. A charge will be made for replacement of lost or broken retainers.
5. If your bonded retainer has come loose, do not panic. Wear your removable retainer over your bonded retainer. This will keep your teeth in position until your bonded retainer is repaired or replaced.

If you have any questions or difficulties please contact me.