

WHAT TO EXPECT

Congratulations on your new smile!

It's time to think about keeping those teeth straight for life!

Your first set of upper and lower clear retainers are included as part of your package.

You will be contacted by our clinic when your retainers are ready to be picked up.

The first few days of wearing them may cause minor discomfort as your teeth would have moved slightly since your last appointment. Ensure to wear your retainers diligently and the discomfort will diminish very soon.

Our lovely staff will call or make an appointment with you in a couple of weeks to check on how you are going.

We will continue to review your retainer wear for 12 months following your treatment finish date. Please bring your retainers with you to these appointments.

INSTRUCTIONS

Once you have received your retainers you will need to wear them for 12 hours every night for the first 2 years (unless your orthodontist advises differently).

Following this, you can reduce to wearing them every second night, until you are wearing your retainers one night a week. Retainer wear is required lifelong.

Always store your retainers in its retainer box when it is not worn. Do not wrap in tissue or plastic as it may result in it being lost or damaged.

HOW TO WEAR

1

Position the retainer (one at a time) on your teeth. Do not use your tongue to position it.

2

Firmly press the retainer into place using your thumbs. Do not bite down with your teeth to insert.

3

When removing, ease the retainer off from one side first, then the other side. Do not flip the retainer off with your teeth or tongue or pull hard from one end as this will result in breakage.

EATING AND DRINKING

Do not eat or drink with your retainers on, as this may damage or stain them.

CLEANING YOUR RETAINERS

Brush the retainer with a soft toothbrush everyday with soapy water. Always brush your teeth before putting the retainers on.

Do not clean the retainers with hot water or toothpaste as this can slowly damage the material it is made of and result in breakage.

At a minimum of once a week, soak your retainers in a cup of diluted white vinegar and cold water to clean.

You may also choose to use store bought solutions to clean it once a week (for 5-10 minutes only):

- Retainer brite
- Polident

Ensure to follow instructions on the package. Never leave retainer soaking throughout the day or overnight



GENERAL CHECK-UPS

It is important to attend your 6 monthly check-up appointments with your general dentist.

These check-ups are an important part of keeping your teeth healthy.

Always bring your retainer to all General Dentist appointments, especially if you are getting restoration completed, this allows your dentist to ensure your retainers will still fit after an appointment.

ORDERING REPLACEMENTS

As we utilise 3D scanners to create your retainers, we can order new clear retainers for you in the future as long as you have:

- Continued your retainer wear
- And your teeth have remained aligned

CAUTION

Avoid skipping nights of wearing your retainers. The initial retention phase is key to keeping you smile nice and straight.

Your teeth will continue to move slightly for many years on, not wearing you retainers often enough will cause discomfort every time you wear them or may even result in retreatment if necessary.

Keep away from pets. It usually becomes their favourite chew toy!

Avoid playing with the appliance with your tongue or pulling hard from one end as this can result in damage or loosening of the retainers.

If you misplace or damage your retainers, please call our clinic to organise a replacement. Keep in mind, additional costs will apply.

Never hesitate to call our clinic if you have any questions or concerns!

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TAKING CARE OF YOUR CLEAR RETAINERS