

Care Of Your Retainers

Congratulations on the removal of your braces or aligners!

You are now in the very important retention phase of treatment. This will last up to one year full time and allows the teeth to stabilize in the jaws.

Your orthodontic treatment required a high level of commitment and investment therefore, holding your teeth in this position is of utmost importance. Therefore, it is of high priority for you to wear your retainers as recommended.

Poor retainer wear can cause the loss of correction that was obtained. It can be challenging to retain your current results. Do not risk the need for additional treatment and fees to correct any relapse of the teeth.

Below are some important tips on correctly caring for your retainers.

1. If you break, lose or find the retainers are not fitting, please contact us immediately. If the teeth recrowd as a result of not wearing the retainers any further orthodontic treatment to restraighten the teeth will be an additional charge. Please note that an additional charge will apply for any replacement retainers.
2. The retainers are worn full time - day and night for six months, except when eating. They are then worn every night for six months. After this it is recommended they be worn any night that they feel tight to try in, which may be as frequently as every second night. It is important to realise that to maintain perfectly straight teeth requires lifelong retainer wear!
3. Keep your retainers in its case when it is not in your mouth and never wrap it in a napkin because they get thrown out. Keep them out of reach of pets who love to chew them
4. Do not eat with your retainers in or they may break. Drinking is fine, but avoid an excessive amount of sweet or acidic fluids which may cause excessive decay with retainers when worn all day.
5. Protect your retainers from heat (never boil or place them in a dishwasher)
6. Continue brushing and flossing every day and wear your retainers on clean teeth
7. To clean them, use a toothbrush with light action and warm water. For heavier cleaning, use a denture cleaning solution such as Steradent or Polident in warm water. Do not use boiling water or you will melt them.
8. If you have any queries regarding retainer wear or care, please do not hesitate to call the rooms

Warmest Regards,
Dr. Fern T White