



## RETAINERS

**Congratulations!** You have just completed your "active" phase of orthodontic treatment. Your braces have been removed. However, there is still one more very important step to ensure that your teeth remain in their new position--RETAINERS. This vital final phase can add some finishing touches, maintains the improvement and helps protect your investment in your new smile.

The fact that you have completed the active phase of treatment does not ensure permanently straight teeth. Wearing your retainers faithfully is essential to the stability of your orthodontic treatment. Patients who do not wear their retainers as instructed often see shifting of their teeth and encounter other adverse effects. Never discontinue retainer wear on your own.

We will continue to monitor your retainers for approximately 12 months following removal of braces. If you should wish any appointments after that, there will be a fee charged per visit.

If you lose or break your retainer, call our office immediately. If a problem occurs over a weekend, or a time when our office is closed, call our office, and leave a message on the answering machine, and we will contact you as soon as possible. Continue to wear your appliance if possible. A fee will be assessed for repair or replacement of broken or lost retainers.

Remember that your teeth need time to adapt to their new position with the help of your new retainers. Your reward will be a lifetime of healthy, comfortable, and beautiful smiles. Do not risk less than the best long-term results.

There are several different types of retainers, each with specific information for proper wearing instructions, care and cleaning. Please read all of the information on the reverse side of this page that applies to the retainers that you have received.

If you have any questions send an email to [info@mybraceland.com](mailto:info@mybraceland.com)

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## REMOVABLE RETAINERS

### **Hawley retainer**

- Must initially be ALWAYS worn except when eating and brushing the teeth
- Remove when engaging in contact sports and swimming
- Keep it in the case provided
- For the first few days there would be extra saliva in the mouth, and your speech may be slightly affected
- Without proper care, the retainer will collect food debris, which can lead to irritated, swollen gums, improper fit of the retainer, and an unpleasant odour
- Always brush your teeth and your retainer after each meal and before going to bed
- Use a regular toothbrush and dishwashing soap to clean. If a toothbrush is not available, remove your retainer, rinse your mouth with water, and rinse all loose food debris from your retainer before replacing it
- Do not clean your appliance with hot water; use warm or cool water only
- Never wrap it in a tissue or place it in your pocket
- Remove it only by the side clasps
- Do not play with it or flip it with your tongue
- After full-time wear for several months, we will inform you when it is no longer necessary to wear your appliances during daytime hours



### **ESSIX RETAINER**

- Must be ALWAYS worn, except when brushing and eating for 21 days (3 wks)
- After 21 days, you may wear your retainer during evening and night-time hours EVERY DAY. This means you must insert it after dinner and remove it before breakfast.
- Please store it ONLY in the case we provide. Make sure that it is perfectly clean before storing it.
- **Do not use toothpaste** on your ESSIX retainer as this could dull its brilliance. Simply scrub it well with your regular toothbrush and rinse it thoroughly.
- You may notice that it feels slightly tight when you reinsert it in the evening; this feeling should go away quickly.
- If you notice that your teeth are shifting, wear your appliance full time (except to eat and brush) for 48 hours, and then return to nighttime wear. If this does not correct the problem, call our office immediately.
- If the edges of the appliance are sharp or rough, you may wish to try smoothing them with a clean emery board.



### **FIXED RETAINERS**

- The wire is secured (bonded) to all the front teeth with the same type of material that is used to secure braces. Therefore, the same eating rules apply to the wire as were applied to the braces.
- Continue to avoid all sticky and hard foods INCLUDING chewing gum, and you must cut up foods such as apples and carrots.
- If the wire has come away from any of the teeth, or if your teeth shift or move, please call our office as soon as possible. We will assess if we can repair your wire, or if it needs to be replaced. Please be aware that repair or replacement usually requires an additional fee.
- Use the small, reusable loops (floss threaders) to floss under the wire. It is very important to floss on a regular basis to prevent build-up of plaque under, behind and around the wire, as well as between your teeth.
- It is important to visit your family dentist regularly for professional cleaning. Your family dentist can also monitor your wire at your regular check-up appointments.

