



South East Orthodontics

It is important to wear your retainers **as instructed**. Retainers should not be worn when you are brushing your teeth, eating, while swimming or when playing sports that would require a mouth guard.

You have been provided with a retainer case. It is important to **keep your retainer in your retainer case when it is not in your mouth** as it can be easily broken or lost. Animals are attracted to retainers due to their colour and the smell of saliva. They may mistake it for a toy and chew on it. **Keep your retainer out of the reach of animals**. Please look after your retainer, **they are expensive to replace**.

Insert and remove your plate the way we have shown you to avoid any damage to your appliance.

Maintenance of your retainer is very important, so be sure to keep it clean along with your teeth. This can be done by brushing it under cold water at least once a day. A denture cleaner or white vinegar can be used occasionally to soak your plates.

Denture Cleaner: Dissolve tablet in cold water and soak as directed on packaging
White vinegar: One part vinegar and 5 parts cold water and soak for 5 – 10 mins

If your retainer ever gets broken or lost, you need to call us for an appointment ASAP! Don't wait until your next appointment. If you do not wear your retainers as instructed, your teeth can move. There may be an extra fee for a new retainer.

Initially it is normal to experience extra saliva and to speak with a slight lisp. Within a couple of days, you will adjust to your retainer and normal speech will resume.

Bring your retainer to all future appointments as your orthodontist must check the fit and may need to be adjusted.

RETAINERS

