

## WHAT ARE RETAINERS FOR?

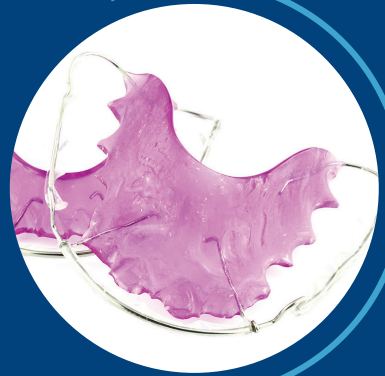
Your braces have done the hard work to create your brand new smile, now it is your job to help maintain it.

Retainers are used to maintain the alignment of your teeth and prevent them from moving out of place.

As we grow and age our body changes, our skin tone changes, our muscles change, even our hair changes, this is true for our teeth as well. Our teeth can move around or even start to move back to their original position.

It is the retainers job to stop these teeth moving and keep your teeth in the same position they were the day your braces are removed.

So if you want to keep your nice straight teeth, wear your retainers!



**Retainers can last many years  
without any problems.**

They are very expensive. If you lose or break your retainers there will be an additional cost to replace them, so please look after them!

Poor retainer wear will result in your teeth starting to move back to their original position. If this happens it may mean you need braces again!

SCAN FOR MORE  
INFORMATION



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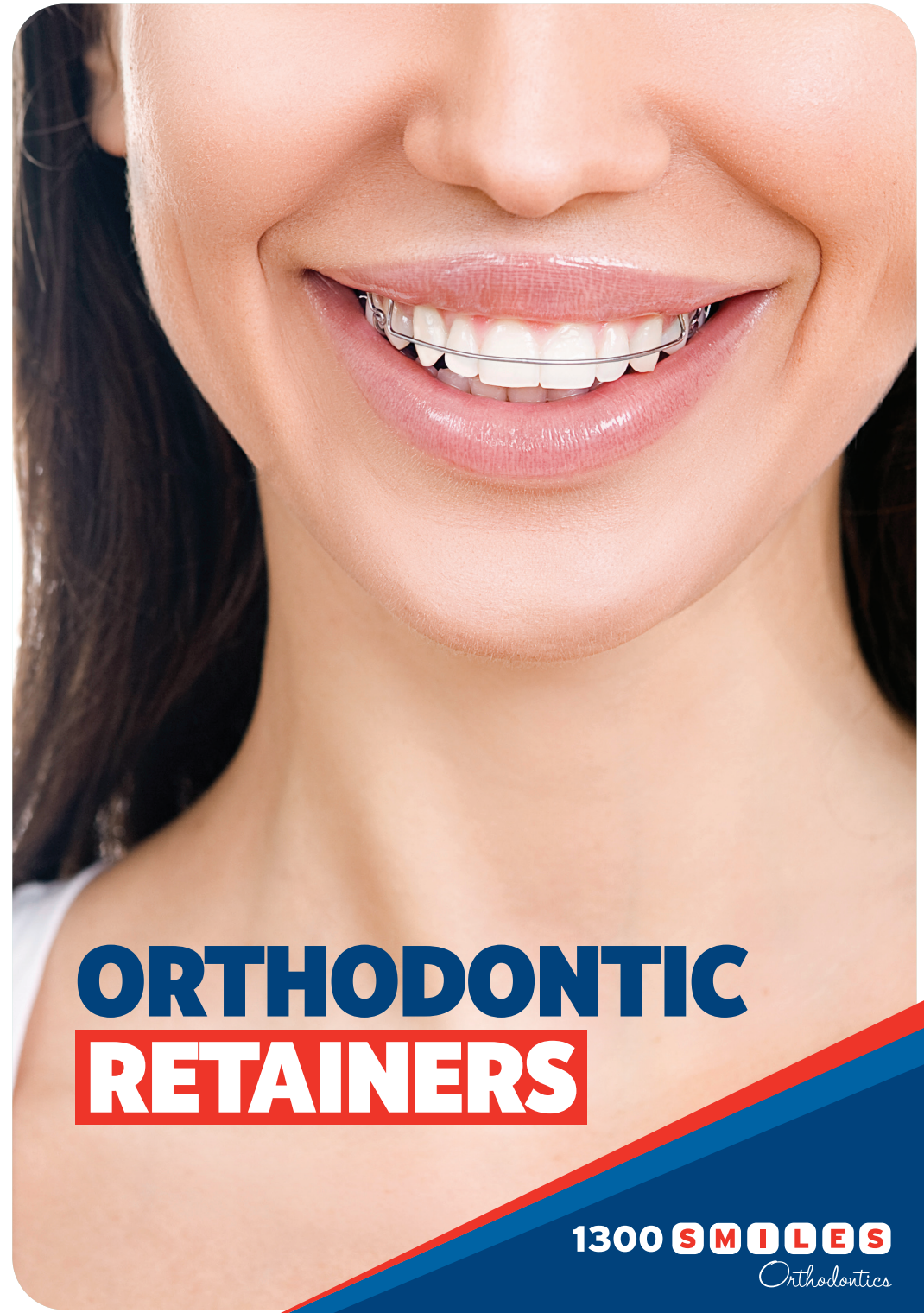
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# ORTHODONTIC RETAINERS

**1300 SMILES**  
*Orthodontics*



## WHAT TYPES OF RETAINERS ARE THERE?

Usually for the upper teeth we provide you with a 'Hawley' retainer.

It is made of a coloured acrylic that sits on the roof of the mouth, and a wire surrounds the teeth holding them in place.

For the lower teeth you may receive a clear thin plastic retainer that fits your teeth like a mouthguard as seen in the picture above. We call this retainer a 'trretain'.

Some patients may receive a 'trretain' for both upper and lower teeth depending on the orthodontists assessment of your retention needs.

Both types of retainers if worn efficiently will keep your teeth aligned.



## WEARING YOUR RETAINERS

Wear your retainers for 1 month all the time after your braces are removed. This means as close to 24 hours a day as possible. After one month your orthodontist may tell you to wear them less.

- Your orthodontist will regularly check your retainers over a 2 year period, eventually we may reduce your wear to 1-2 nights a week, until this time you need to wear them every night.
- We will never tell you to stop wearing your retainers, if you want to maintain your straight teeth forever, you will need to wear your retainers on a casual basis forever!!!
- Patients with a lower fixed retainer on the bottom teeth will be given a clear 'trretain' retainer, this needs to be worn 2-3 nights a week. If the wire breaks or comes unstuck wear your retainer full time until we can fix it otherwise your teeth can move.

## LOOK AFTER YOUR RETAINERS

- Remove your retainers when eating, drinking, playing sport, swimming or brushing your teeth. Remember to put them in once you are finished.
- Don't rinse them in hot or boiling water as this can melt or distort them and they won't fit properly. Do not soak them in mouthwash or any other solutions.
- Clean your retainers everyday. Give them a gentle clean with your toothbrush and toothpaste, rinse them well and dry them thoroughly before leaving them in the case.
- Always keep your retainers in the case when not wearing them, putting them in your pocket or wrapped in a tissue makes them likely to be lost or broken.
- If you lose, break or feel your retainers aren't fitting properly please call the surgery ASAP, the longer you are not wearing your retainers the more your teeth can move out of position.