

# RETAINERS

We have now entered the retention phase of your treatment. This part of the treatment is extremely important to ensure stability of your teeth. Teeth have a tendency to move back to their original position and it is therefore of the utmost importance to follow all instructions for the wear of retainers meticulously.

You have the following retainers:

- Upper teeth:     Removable retainer (Wear  Full-time             At night)  
                           Fixed retainer
- Lower teeth:     Removable retainer (Wear  Full-time             At night)  
                           Fixed retainer
- The retainers might affect your speech for the first day or two, but your tongue will quickly adjust.
- Remove the retainer only while eating and when cleaning your teeth during the period where you are required to wear it full-time.
- Always put the retainer in the case provided when you remove it. This will prevent loss or damage.
- If you take part in any contact sport, a mouth guard is essential. The retainer can be taken out during this time.
- Keep your retainers away from pets (especially dogs) that love to chew it; this happens often.
- Clean your retainers regularly (twice a day) with dishwashing liquid, as toothpaste tends to dull them.
- Never subject the retainer to heat in any form - NO HOT WATER. The material is a type of plastic and will lose its shape.
- Regular visits to your orthodontist are still necessary to ensure the success of your treatment.
- Always bring the retainers with you on these appointments so that we can fit them and make adjustments if required.
- In case of loss, damage or improper fit, contact us immediately for an appointment to replace the retainer - a small relapse can be corrected if you report it immediately, otherwise fixed braces might be necessary again.
- Please take care of your retainers to prevent extra costs - the medical aids won't pay to replace them.
- Remember to visit your dentist every 6 months for routine check-ups.