

RETAINERS for ORTHODONTICS

PUSAT PERGIGIAN U 优牙科中心 U DENTAL CENTER

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MAKLUMAT PESAKIT: MEMBANTU ANDA MEMBUAT KEPUTUSAN BIJAK



- Always bring the retainers to the appointments.**
- Take the retainers out when eating. When retainers are not in the mouth they should ALWAYS be in a retainer case.
- Buy a case/container and always put retainers in their case when not in use.
- Do not lose the retainer especially when eating in restaurants.
- Clean retainers thoroughly once a day with a toothbrush and toothpaste. Keep retainers away from hot water, hot car dashboards, pockets, the washing machine, and paper tissues. Brushing retainers removes the plaque and eliminates odors.
- Denture cleaning tablets or other orthodontic appliance cleaners can be used but these do not take the place of brushing.
- Initially, you may find it difficult to speak. Practice speaking, reading, or singing aloud to get used to them faster.
- Retainers are breakable, so treat them with care. If retainers are lost or broken call us immediately.
- If your retainer gets misplaced, broken, or becomes loose, call the clinic as soon as possible. Replacement retainers will be supplied for an additional fee.
- If you have any questions or concerns about the retainers, or the retainers need adjusting, call us. Do not try to adjust them yourself.
- Retainer replacement is expensive take proper care.
- Remove retainers when swimming, skiing, or playing contact sports.
- If you miss a night or two, wear the retainer for 24 hours after. The teeth may be sore but should realign.
- Wear the retainers full time, until the doctor instructs otherwise.
- First week: **Wear your retainers FULL TIME for two weeks** (unless otherwise told by the Doctor). You may remove your retainers while eating and brushing but you must replace them as soon as you are finished.
- If the retainer too tight, too loose or hurting the gum please call the clinic for adjustment.
- After First Week: After wearing your retainers for one week you will then go **to wearing them at night**. You need to wear your retainers every night for about 10 to 12 hours. If you only sleep eight hours then put them in a few hours before bed.

Wired retainer (Hawley Retainer):



- You can take the upper retainer off by **PULLING DOWN** on the hooks on the back of the wire. You can take the lower retainer off by **PULLING UP** on the front loops. Never take your retainer off using your tongue. This can cause the wires to snap and the retainer to loosen.