



POST ORTHODONTIC INSTRUCTIONS

Now that the orthodontic treatment is completed, it is important to take care of the dentition with regular dental check-ups and orthodontic retainer checks.

Listed below are some of the frequently asked questions that you may experience after orthodontic treatment.

Why do I need retainers?

Retention of the occlusion is important after orthodontic treatment to minimise the risk of the teeth changing from their current positions. As we grow our bodies will change, and so do our teeth. There are different types of retainers, and the best retainer option will be discussed with you taking various factors into consideration. We may recommend wearing more than one type of retainer to reduce teeth relapsing and it is your responsibility to wear those retainers.

When do I wear my retainers?

Retainers must be worn EVERY night for AT LEAST 8-10 hours, unless otherwise instructed. Wearing retainers are a long-term commitment and we will not tell you to stop wearing them as teeth ALWAYS have the potential to move.

Everyone has different types of teeth and some people's teeth have more potential to move than others.

If your retainers start to feel tight it may be due to your teeth slowly starting to moving. In this case, you need to increase the wear of the retainers until they fit snugly again.

We can do retainer checks after a month post-orthodontic treatment, then after 3 months, then after 6 months and then usually yearly assessments of the dentition and retainers.

You MUST bring your retainers to these appointments.

If you do not wear your retainers as instructed it is very likely that your teeth will move, which will result in your retainers no longer fitting properly.

Should this happen contact the practice and we may need to adjust or construct new retainers for you at an additional cost.

What are bonded fixed retainers?

Bonded fixed retainers are sometimes indicated, depending on the position of your teeth prior to orthodontic treatment.

You will need to take extra care when brushing, to clean your teeth and fixed retainer.

You will not be able to use floss in-between the teeth where the retainer is fixed.

The use of an electric toothbrush may be of benefit.

If the fixed bonded retainer breaks, becomes loose, or irritates the tongue then please contact us or your general Dentist to repair the fixed retainer wires.
Repairs or replacement of fixed bonded retainers will have an associated financial cost.

How do I take care of my retainers?

The removable retainers must be taken out of the mouth to eat, drink or during cleaning. Clean the retainers with cold water and/or retainer cleaning tablets which can be purchased at pharmacies.

NEVER use hot water or toothpaste to clean your retainers as it may cause it to get brittle and break.

Always clean your teeth before placing your retainers back in the mouth.

Store the retainers in a sealed container with water when retainers are out of the mouth, so it does not get lost or become brittle.

Keep the retainers moist when it is out of the mouth.

Should you lose, damage, or the retainers do not fit anymore, then contact us for a retainer assessment.