

Retainers: Retain the 😊 you have worked so hard for!

Getting straight teeth is only half the battle, the other half is keeping them straight. As part of growing up or aging process, your teeth can move out of position. Therefore, retainers are necessary to allow your teeth, jaw-bone, gums and surrounding structures to adapt to their new position.

- A. **Fixed retainers** consist of a thin stainless steel wire that is well adapted and bonded (glued) to the inner surfaces of the front 6 teeth. Because they are permanent, there is no chance of losing them or forgetting to wear them and will hold your teeth together indefinitely. However, proper dietary habits are required to prevent breakage or distortion. **Do not bite down on hard foods i.e apple/ pear with the front teeth.**
- B. **Removable retainers** are prescribed in conjunction with fixed retainers as they help to maintain the overall arch form.
- Keep them in full time (day and night including sleep) for the first 4 to 6 months, followed by another 6 to 9 months of night wear during sleep daily. Subsequently, occasional night wear during sleep of at least one night a week for as many years as possible is recommended.
 - Remove them when eating
 - Do not wrap your retainers in tissue because they will more than likely be thrown away.
 - Do not put your retainers unprotected in your pockets or loose in your purse. They are likely to be crushed or distorted.
 - Do not flip your retainers with your tongue and/or chew on them. It can distort and flatten the retainers.
 - Clean your retainers with toothbrush & toothpaste. Do not soak in hot water or mouth rinses.
 - Last but not least, don't leave your retainers sitting around. Pets, especially dogs, love to chew them up.

Initially, you may find it difficult to speak. Practice speaking or singing out loud to get used to it faster. Indefinite retainer retention is required as long as you want to keep them straight! **Retainer replacement is expensive. Do not lose them. With proper care, it can last for years!**

Why do I feel pressure or discomfort when I put on my clear retainers?

- In some cases, adjustment is made on retainers for further correction.
- You forgot to wear your retainers for a while and your teeth have shifted.

Do not panic! Continue wearing it full time (day + night) and squeeze your bite tightly with retainers on. You will feel it fitting snugly in a few weeks. If discomfort persists, call us and we will advise you accordingly.

Call us for an appointment if you notice :

- lower fixed retainer sagging in the middle
- pressure at front teeth
- spaces opening between your teeth
- your removable retainer is distorted / flattened/ badly worn out/ lost

Yearly retention review appointments are highly recommended to check on the teeth alignment and condition of fixed retainer. Please bring along your retainers.