



Post Op Instructions: Retainer

Your orthodontic care does not end when the aligners are removed. Retainers are essential to stabilising your new tooth arrangement.

In many cases, patients must use retainers for the rest of their lives. The care of the retainers is essential to keeping your teeth in their new condition. The care of the retainers can be carried out as follows:

CLEAN YOUR RETAINER REGULARLY

Treat your retainers as your own teeth! Carefully scrub your retainer with a toothbrush and water after each use. Avoid brushing the retainer with toothpaste, as the toothpaste might be abrasive and cause scratches that will make it difficult to clean the keep your retainer clean.

WEAR YOUR RETAINER OFTEN

Use your retainer as often as recommended by your Dentist. Remember, retainers only work if you use them!

AVOID HEAT ON YOUR RETAINER

Your retainer will only work if it fits properly! Your Dentist will prepare it with the perfect support for your mouth, but it's up to you to make sure it stays that way. Avoid leaving your retainer in a hot environment, such as a windowsill or a hot car. It will melt or warp. Never put it in boiling water; you may think that boiling it is a great way to make it as clean as possible, but the heat will ruin it.

KEEP YOUR RETAINER AWAY FROM PETS

Yes, you love your furry best friend, but they have a special ability to snack on retainers. Always keep your retainer safe and away from pets.

AVOID PUTTING NAPKINS ON YOUR RETAINER

If you wrap your retainer in a napkin during meals, it may be easy for your waiter or you to throw it in the bin accidentally. To avoid getting into the bin, keep your retainer in its storage box provided!

SOAK YOUR RETAINER

To add extra cleaning to your retainer, try soaking it. You can buy retainer cleaner (we have enclosed a few in your take home bag) , which comes in tablet form.

<https://www.cleanners.com/aligners>

REPLACE YOUR RETAINER WHEN NEEDED

Even a well-made retainer eventually wears out. If you find that your retainer is deteriorating or behaving differently, contact your Dentist. Replacing your retainer when due is an important part of maintaining your smile.

CAREFULLY PUT ON AND TAKE OFF YOUR RETAINER

There should be no gap between the teeth and the support. When removing it, do not twist it with your tongue or pull it to one side. Otherwise, the retainer may get damaged. Loosen your retainer in several places when you remove it and then ease it off. Do not forget to store it in its storage box!

BRUSH YOUR TEETH BEFORE AND AFTER WEARING YOUR RETAINER

Before and after putting on your retainer, brush your teeth. If you put your support on dirty teeth, your support will get dirty much faster, and it is not good for your teeth

KEEP YOUR RETAINER ONE SPOT

It sounds obvious, but do not lose your retainer! Always keep it in the box when not in use and keep it out of reach of dogs or children. If you lose it, make sure you replace it.

We cannot stress this point, use your retainer! Your teeth can change throughout your life. Even if you think your teeth are straight and will stay that way, it is essential that you continue to use your retainer! Taking care of your retainer will help to make your teeth look good and make the most of your investment, and do not forget to show off your new smile.

For any retainer questions that you might have contact Emma our treatment coordinator.