



AFTER YOUR BRACES ARE OFF

- We will continue to see you after your braces are off
- This is to ensure everything is going to plan
- Please make sure you attend follow up appointments to check your retainers have not loosened, worn down or cracked
- Always bring your retainers to your appointments
- Retainers are not as much hard work for you or your orthodontist

RETAINERS

- After your braces come off, you will probably need to wear a retainer.
- A retainer keeps your teeth in their new positions so it is important that you wear it
- We will also usually attach a small wire to the back of the top and bottom front teeth
- If you feel that your retainers are not fitting, or you lose or break it, please call us immediately as your teeth can move out of alignment very quickly

LOOKING AFTER YOUR RETAINERS

- Please store in its case when we you are not wearing it
- Never put it in your pocket without the case as they are often broken this way
- Never wrap in a tissue at mealtime or at restaurants as they are often accidentally thrown out
- Please keep away from pets as they love to chew on them

WHAT TO EXPECT

- Retainers will feel awkward in your mouth at first, and you may find it hard to talk
- Practice reading out loud and you will adjust in a couple of days
- To maintain your teeth in their new positions, you must wear your retainers exactly as we recommend

How do I keep my retainers clean?

- Before you brush your teeth, remove your retainers and rinse them with cold water.
- Heat will distort; never use hot water, do not leave in the sun, or in a hot car
- If plaque begins to build up in your retainers, brush them gently with a toothbrush, but with no toothpaste
- Soak them in cool water