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## **"CARE AND USE OF YOUR RETAINERS"**

YOUR RETAINERS ARE A VERY IMPORTANT PART OF YOU OVERALL ORTHODONTIC TREATMENT. THEY ARE DESIGNED TO MINIMISE TOOTH MOVEMENT ONCE YOUR "BANDS" ARE REMOVED.

THEREFORE THEY **MUST BE WORN DAY AND NIGHT FOR AT LEAST THE FIRST TWELVE MONTHS.** THIS INCLUDES EATING AND SLEEPING.

### **THEY ARE REMOVED ONLY:**

1. WHEN CLEANING YOUR TEETH.
2. WHEN PLAYING SPORT.
3. WHEN SWIMMING AT THE BEACH, RIVER OR LAKE.

WHEN RETAINERS ARE REMOVED FROM YOUR MOUTH THEY ARE PLACED INTO THE CONTAINER PROVIDED, NOT WRAPPED IN A TISSUE, OR PUT INTO YOUR POCKET OR PLACED IN YOUR HANDBAG OR SCHOOL BAG, AS THEY ARE OFTEN BROKEN AND LOST BECAUSE OF THIS.

**CLEANING OF YOUR RETAINERS:**

TO CLEAN YOUR RETAINERS USE SOAP AND AN OLD TOOTHBRUSH AND RINSE THEM OFF WITH COLD WATER, DO NOT USE ANY CHEMICALS, ANTISEPTICS OR TOOTHPASTE. DO THIS WHEN YOU CLEAN YOUR TEETH.

**REMOVAL OF RETAINERS:**

DO NOT BITE THE RETAINER IN, OR SUCK THE RETAINER OUT. THE RETAINER MUST BE REMOVED BY THE HOOKS OR THE WIRE. FAILURE TO DO THIS MAY RESULT IN A BREAKAGE, IF CONTINUALLY REMOVED INCORRECTLY.

**RETAINERS AND YOUR SPEECH:**

YOU MAY FIND YOU SPEAK WITH A SLIGHT LISP FOR THE FIRST FEW DAYS. DO NOT BE ALARMED AS THIS WILL IMPROVE WITH PRACTICE AND PATIENCE AND YOU WILL BE SPEAKING NORMALLY WITHIN A COUPLE OF DAYS.

IF YOUR RETAINERS ARE NOT WORN, YOUR TEETH WILL MOVE AND YOU WILL NEED "BANDS" AGAIN.

**PLEASE WEAR THEM AS PRESCRIBED BY  
YOUR ORTHODONTIST**