

## Orthodontic Retainers

Congratulations on completing your orthodontic treatment. Now that your braces have been removed, it is necessary to retain the teeth in their new positions and there are two different types of retainers that may be used.

- A bonded retainer is glued onto the inside surfaces of the teeth and cannot be removed.
- A removable clear plastic retainer that covers the whole surface of the tooth that can be removed.

You will be advised as to which retainer(s) is best suited to you and instructed accordingly. Retainers must be worn after orthodontic treatment to ensure that the teeth are maintained in their new positions. If your teeth are not retained then they are likely to drift back to their original positions over a period of time.

### Bonded retainers

This retainer is designed to stay in place for the long-term to keep the teeth straight. If it is removed or becomes detached or broken then your teeth are likely to move.



### **Cleaning a bonded retainer**

Brush and floss your teeth as usual and clean underneath the bonded retainer using “Superfloss” or interdental “TeePee” brushes.

### **Looking after your bonded retainer**

- If you notice that the glue on your retainer has come off or the wire is loose or sharp, then please see an orthodontist as soon as possible. You should wear your removable retainer day and night to prevent unfavourable tooth movement until you have had your bonded retainer repaired.
- You must ensure that you clean your bonded retainer effectively to ensure the health of your gums and teeth. It is important to see your dentist for check-up appointments every 6 months and it may be necessary for you to see the hygienist to have your retainer professionally cleaned (scaled and polished).
- You should ensure that your diet is not high in sugary foods and drinks as this will increase your risk of tooth decay around the retainer

### **Removable Retainers**

Your removable retainer is designed to be worn at night and ensures to help keep your teeth straight after your orthodontic treatment.

You may also have a bonded retainer and your orthodontist will tell you how often you need to wear your removable retainer.

### **Cleaning your removable retainers**

These retainers require gentle cleaning or soaking in cold water. Do not use warm or hot water as this will distort the retainers. You may use a retainer-cleaning agent such as “Retainer-Brite” should you wish to give them a thorough clean.

### **Looking after your Removable Retainers**

Ensure you keep the retainers in a safe box and should they become cracked or start to disintegrate then see your dentist or orthodontist as soon as possible to have new retainers made.