



VACUUM FORMED RETAINERS

Long term wear of retainers is the only way to ensure your teeth remain in their corrected position. It is important that you treat your retainers with care.

Wear your retainers: → If you have: ↓	Upper full time, Lower night only	Upper night only, Lower full time	Upper and Lower night only	Upper and Lower full time	After 1 month, both retainers night only
Lower wire	✓				✓
Upper wire		✓			✓
Upper and Lower wire			✓		✓
No wires				✓	✓

Also remember:

- Night time wear of retainers is 10-12 hours.
- Come back for your three month retention check and **bring your retainers with you.**
- We will also see you for a twelve month retention check and **bring your retainers with you.**

Care and Maintenance:

- Clean your retainers with liquid soap and a soft toothbrush under cold water. Clean them twice a day when you clean your teeth. When cleaning your retainers hold them in the palm of your hand so you don't snap them. If you use toothpaste to clean them you will notice your retainers will go opaque instead of staying clear. This simply affects the look of the retainer but won't affect how the retainers work.
- **DON'T USE HOT OR BOILING WATER TO CLEAN YOUR RETAINERS.** This will result in the plastic distorting to such an extent that they will not fit and will need to be replaced.
- Use one finger of each hand either side of your retainer to remove it. Never pull down on just one side. You may split or break the plastic if you do this.
- Don't get into the habit of flicking your retainer with your tongue, this will make the retainer loose.
- Use the case you have been provided with to keep your retainers safe when not wearing them.
- Keep your retainers away from your pets. They love to chew them. Remember: If they are not in your face they should be in your case.
- Don't grind or clench on your retainers as this will eventually wear holes in them. Small holes won't affect how they work however larger holes can lead to cracking and splitting of the retainer. Once this happens you may require replacement retainers.
- If you require new retainers you will need two appointments. The first visit will be for new impressions and the second visit will be to have the retainers fitted.
- If you have any issues or concerns, please contact us immediately so that we can help resolve them.