

Lock in your new smile



Removable Retainer

Your retainer only works if it is in your mouth!

Remove your retainer to Eat / Clean your teeth
 Play sport or swim

Your retainer only goes in two places,
In your mouth or in the box!!

Your box must go everywhere your retainer goes.

When you clean your teeth, clean your retainer, using
cold water, toothbrush and toothpaste.

Put your retainer in and take it out as shown. Biting it into
place may break it.

Flicking your retainer up and down may break it.

If your retainer is tight when you put it in, wear it **more**
hours **not** less.

If you break your retainer, a new mould will be needed
and there will be a charge to replace it.

If you have any problems with your retainer, phone us so
that we can rectify any problems.

**If you do not wear your retainer (plate) as instructed
your teeth will move. It is your responsibility to wear
your retainer**

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HOW MUCH WEAR

—> Full time for ____ weeks

—> Gradually reduce to night only over 1-2 weeks

—> Minimum wear is 8-10 hours

—> Remember if it's too tight, wear it **more** not less

—> Remember to bring your retainer with you to your
appointments



Fixed Retainer

Be careful what you eat! Wires can be broken

Your dentist can clean around the retainer

You should floss under the retainer

Most simple fixed retainers can be left on indefinitely if
your dentist is happy with your cleaning

Remember to visit your Dentist