



CONGRATULATIONS!

Congratulations on completion of your Orthodontic treatment. It is really important that you follow the instructions below to maintain your wonderful new smile.

HOW TO WEAR YOUR RETAINERS: When placing and removing retainers use one side at a time to pull and place the retainer comfortably into your mouth. **DO NOT EVER** bite retainers into place as this can cause breakage and cracks.

DON'T DO:

- **DO NOT place your retainers in HOT WATER as they will distort and will no longer fit.**
- When wearing your retainers, **DO NOT** flick them up and down with your tongue as they will break.

PLEASE FOLLOW THE NEXT STEPS:

- Please contact the practice immediately if you have a breakage. You will need a replacement urgently.
- If you do not wear your retainers as instructed, your teeth will become crooked again.
- You must wear your retainers **FULL TIME** for the first 2 months. After this, you must wear them **EVERY NIGHT**, forever.
 - Retainers should **ONLY** be removed for swimming, contact sports and playing a woodwind musical instrument.
- When you remove your retainers, always put them in your retainer box.
- Always bring your retainers with you when you come to see us for retainer checks.

HANDLE AND CARE

- Please remove your retainers for eating.
- Keep your teeth and retainers extremely clean at all times. You must brush your teeth and appliance after each meal.
- Use your toothbrush and soap to gently clean the retainer. Rinse your retainer with **COLD WATER** very thoroughly to remove all traces of debris.
- Clean your retainer using 'Retainer Brite' at least **TWICE** a week.

PLEASE NOTE: Retainers are extremely fragile and must be looked after very carefully.

Careless use will result in cracking and breakage of your retainer.

REPLACEMENT OF APPLIANCES WILL INCUR A FEE

