

# Retention (After Braces)

PERFECT SMILES ORTHODONTICS



Once your braces have been removed it is important that you keep those teeth straight for as long as possible. To do so, you **MUST** wear your retainers.

## Retainers:

Now that you have retainers, you may have some questions you would like answered:



Bonded (fixed) Retainer



## What is a retainer and how important is it that you wear it?

Retainers are designed to keep your teeth straight and be removed (clear retainers) or fixed (bonded retainers). If you do not wear the retainers your teeth will move back to their original position. If this happens it can be difficult and costly to correct. *hem to.*

## For how long do I have to wear the retainers?

Retainers must be worn for as long as you want your teeth straight. The Bonded Retainer is fixed onto the back of your front teeth and will stay there permanently until you have it removed. The Removable Retainer must be worn full time (only take it out to eat or brush your teeth) for the first 6 months, and then night time for as long you want your teeth to be straight.

## How might the retainers affect me?

The Removable Retainer may cause your speech to be different at first. This will go back to normal after a few days of practice (eg. reading out loud). The Bonded Retainer will feel a little weird at first but after a few days you will get used to it.



Clear (removable) Retainer

## Can I eat normally?

With the Removable Retainer you must take it out to eat and drink (unless drinking water). With the Bonded Retainer you must treat it as a small brace and avoid eating hard and sticky foods with your front teeth, eating sugary foods between meals (cakes and biscuits) and excessive amounts of fizzy drink and juices.

## What about keeping the retainers clean?

It is important that you brush at least three times a day and use a fluoride mouthwash last thing at night. The Bonded Retainer must be brushed gently with your toothbrush, focusing on the area near your gums. At least once a day you must use Superfloss or a small interdental brush to clean in between your teeth and also above and below the wire.

The Removable Retainer must be cleaned daily with hand soap and cold water (make sure you rinse it thoroughly). Failure to keep your teeth and retainers clean will cause permanent scarring to your teeth. You must see your family dentist or school dentist for regular check-ups and cleans.

## What happens if my retainers break?

If your retainers break you must call our office as soon as possible so that we can repair them for you. If one part of the

Bonded Retainer comes off we can repair that for you at no charge, but if the entire retainer comes off there is a charge to have it put back on. For the Removable Retainer, if it breaks we have to take a new impression and there will be a lab charge for the new retainer.