



Congratulations on your new smile!!!

Having your Braces off is a very exciting time, although it is now very important to look after your new smile by ensuring your teeth don't move.

KEEPING your teeth straight is up to YOU.

Unfortunately it is impossible for your orthodontist to predict whether or not your teeth will move after the braces have been removed. Therefore we need to minimise the risk of any movement by wearing retainers. This responsibility is **UP TO YOU** and your new retainers need to be worn as instructed by your orthodontist to ensure your teeth remain stable in their new position.

- Treat your retainers with extreme **CARE!** They are very fragile and easily broken and must be placed in their case when not being worn.
- Keep them **CLEAN!!** Germs love retainers; therefore the retainers will need to be cleaned at least once a day. Only use cold water with a mild soap (eg. hand soap) and your toothbrush. **DO NOT** use toothpaste on your retainers as this will cause them to scratch and discolour. Scrub them **very gently.**
- **PETS** will **EAT** your **RETAINERS!!** Keep them safely in their case.
- **AS SOON AS POSSIBLE** please notify the practice if anything happens to your retainers. If for any reason you are unable to wear your retainers, due to breakage or they are not fitting, **YOUR TEETH MAY MOVE!!!**
- Always use **TWO HANDS** when putting in and taking out your retainers, **NEVER** bite them into place, they **WILL** break!
- **RETAINERS ARE EXPENSIVE!!** Each patient will only receive two replacement retainers for free and any others will incur a charge.