



Orthodontic Retainers

The Retainers are critical in keeping your Gorgeous Smile!

How long will need to wear retainers?

Fixed Retainers (The ones glued behind your teeth)

Ideally, the fixed retainers will remain in place indefinitely to minimise the potential for teeth movement. This is our preference but some repairs and/or re-assessments may be required after a period of time.

Removable retainers

You will be instructed how many hours these will need to be worn. Most patients will wear them during evening and sleeping time. At your retention adjustment visits (which are critical to adhere to) you will be instructed gradually to reduce the hours these are worn, depending on the stabilisation of your teeth. This is an individual assessment. The Orthodontist at the end of this retention phase (around 2 years) will usually recommend staying on 2-3 nights a week for as long as possible. Please remember to bring your removable retainers to each 'retention visit'.

How do I clean the retainers?

Fixed Retainers

Extra care must be taken to brush on the lingual (inside) surfaces of your teeth. Flossing under the wire with Superfloss is recommended. You can also use a thin interdental brush to reach between the contact points.

Removable Essix Retainers (clear)

Using a spare toothbrush, clean with mouth rinse or liquid soap and rinse well under cold water. Do not use hot water as this will distort the retainer. Products such as "Retainer Brite" or "Steradent" may also be used. Due to the thin plastic, this retainer deteriorates faster than other retainers and may need to be replaced more frequently, so be gentle.

Removable Hawley-Type Retainer (coloured plastic with wire front)

These can be cleaned with a toothbrush and toothpaste. "Retainer Brite" and "Steradent" can also be used.

Cost of replacing retainers

Common reasons for needing to replace retainers include: being thrown away in a tissue, misplaced, broken, chewed up by your house pet, stepped on, crushed in your pocket, distorted after going through the washing machine etc - so make sure it is stored safely in the retainer box whenever it isn't in your mouth.

A good idea is to have it labelled with your Name and Phone number on the box. Replacement costs for retainers vary based on the complexity and laboratory time needed to create a new retainer (\$210 - \$450. If this happens, call the clinic as soon as possible to have it replaced. If you wait, your teeth may move.

ALWAYS BRING YOUR RETAINERS WITH YOU FOR RETAINER CHECK VISITS

NOW THAT YOUR BRACES ARE OFF, MAKE AN APPOINTMENT TO SEE YOUR DENTIST FOR A CHECK-UP IN 6-8 WEEKS WHEN YOUR GUMS HAVE SETTLED.

Orthodontic Fixed Retainers

To maintain that beautiful smile we all worked so hard to achieve, we will place fixed retainers to hold your teeth into their new perfect position.

Fixed retainers are thin wires attached to the inside surface of your front teeth, in a similar way to your braces. Initially they will feel odd and noticeable to you but after a few days you will soon forget that they are there.

Daily Maintenance

Teeth can be cleaned as usual with a toothbrush, paste & regular flossing.

It is important that you keep the area around your fixed retainer clean. We recommend using an interdental brush or Superfloss to clean between your front teeth and underneath your fixed retainer.



In addition you should see your general dentist or hygienist regularly for a professional clean, we recommend a professional clean at least once a year.

Your fixed retainer can stay in place indefinitely and with proper care it will last for many years. Take care when eating to avoid putting excessive force on the fixed retainer.

If your fixed retainer does become detached please make an appointment to see us **as soon as possible** to re-bond/repair it and in the meantime wear your removable retainer during the day as well as at night.



Dietary Restrictions with Fixed Retainers

You are by now well and truly used to being mindful of not biting into hard large whole foods such as apples, carrots etc. Similar rules apply with your fixed retainer, ie

- Be careful with hard foods especially in the first 6 weeks
- Avoid sticky sweets
- Avoid soft drinks