

Post-Operative Instructions

RETAINERS

Need:

Each and every patient needs removable appliances to hold the teeth in their new position after braces are removed. If retainers are not worn/or worn irregularly, teeth are likely to shift to their original position especially in the first three to six months period immediately after braces are removed.

It is obvious that these retainers work only when they are in the mouth.

Do's

- Wear the retainers as explained.
- Initially retainers may induce more salivation than usual; this is a temporary phase and will pass in a matter of days. As the upper retainer covers your palate, speech thickens for a few days only.
- Clean the retainer twice with the help of hand brush and toothpaste OR a separate toothbrush and a mild soap will do.
- When you are instructed to wear them only part-time, store them safely in the retainer case in a moist environment.
- **REMEMBER TO BRING YOUR RETAINERS AT EVERY VISIT.**
- If you are wearing a semi-permanent lower wire retainer (LBR); do not bite into hard items such as apples with front teeth. In case it is dislodged, please bring it back to us, ask for an early appointment.
- Wear your retainers at all times.
- Brush them and your teeth after each meal.

Don'ts

- PLEASE DO NOT MODIFY DOCTORS INSTRUCTIONS.
- DO NOT USE **HOT WATER** TO CLEAN THEM
- If they are worn irregularly they become tight, uncomfortable and ill-fitting.
- Avoid flipping or playing with the appliance with your tongue.
- Do not store your retainer in your pocket or purse.
- In case of breakage, contact us for an early appointment