

# The Orthodontic Practice

*Smile with Confidence*



## INSTRUCTIONS FOR PATIENTS WEARING A RETAINER

### GETTING USED TO YOUR BRACE

You should wear your appliance all day and all night. You should only take it out when you brush your teeth, and at meal times if your orthodontist advises so. You should try to keep the brace during games and when you are out with your friends and at night-time: the treatment will be finished more quickly this way.

**PUTTING THE APPLIANCE IN:** This will be far easier if you can see what you are doing in the mirror. Check that all springs are in their correct position.

**TAKING IT OUT:** Always pull on the clips around the back teeth.

**AVOID:** Sweets, sticky foods, especially toffee and chewing gum, fizzy drinks and concentrated fruit juices as these can damage the appliance and your teeth. At first your appliance may be uncomfortable and make eating and speaking difficult. This will only last for a few days, and you will soon get used to it.

### CLEANING

Keep your appliance and teeth clean to prevent tooth decay and gum disease. Toothpastes and mouthwashes with fluoride are recommended. After all meals – clean your appliances and brush your teeth and gums. Last thing at night – take your appliance out, clean it with your toothbrush and cold water then brush your teeth, gums and palate and put the appliance back in your mouth.

### PROBLEMS

If the appliance is broken, continue to wear it if at all possible and contact the surgery as soon as possible. This should also be done if the appliance hurts. Do not trouble your own dentist if at all possible.

### IF YOU MISS AN APPOINTMENT

Contact us as soon as possible as your appliance usually needs adjusting at regular intervals and unsupervised wear can seriously damage your teeth.

### LOST APPLIANCES

A charge will be made to replace a lost appliance.

### DENTAL TREATMENT

Go to your own dentist for regular check-ups and routine treatment.