



INSTRUCTIONS

FOR UPPER AND LOWER RETAINER

EMBARK ON A JOURNEY OF A LIFETIME

A retainer is an appliance that is usually fitted at the end of orthodontic treatment to hold the teeth and the jaws in the treated relationship until they are stabilized. Some retainers are designed to be worn only for few months whereas some are to be worn for many years. New research shows that retainers need to be worn for lifetime.



SPOTLIGHT: RETAINERS

1. Are required to be worn day and night exactly as instructed. If you find that your retainer is too tight when you put it back, then this indicates that your teeth are moving, and you must wear it more often than you currently are.

2. Do not wear your retainers while eating. Please remove and keep them safe in its case to avoid losing and breaking them.

3. Brush your teeth and the retainer after every meal. This is to prevent unsightly plaque accumulation and limits its life. Use a toothbrush and liquid hand soap with the cold water to clean your retainer. Never use warm/hot water or harsh cleaners to clean the appliance.

4. When a retainer is first fitted there may be a change in the speech pattern and a slight plastic taste from the appliance, both will disappear in one or two days. There might be some extra saliva present at first, but this will soon return to normal.

5. When you are not wearing the retainer keep it in the case and carry it with you.

6. Do not use your tongue to flip or play with appliance as this will loosen it.

7. If you drink carbonated beverages such as Coca-Cola etc. (which contains a lot of sugar) you must brush and rinse both your teeth and retainer immediately to prevent tooth decay.





INSTRUCTIONS

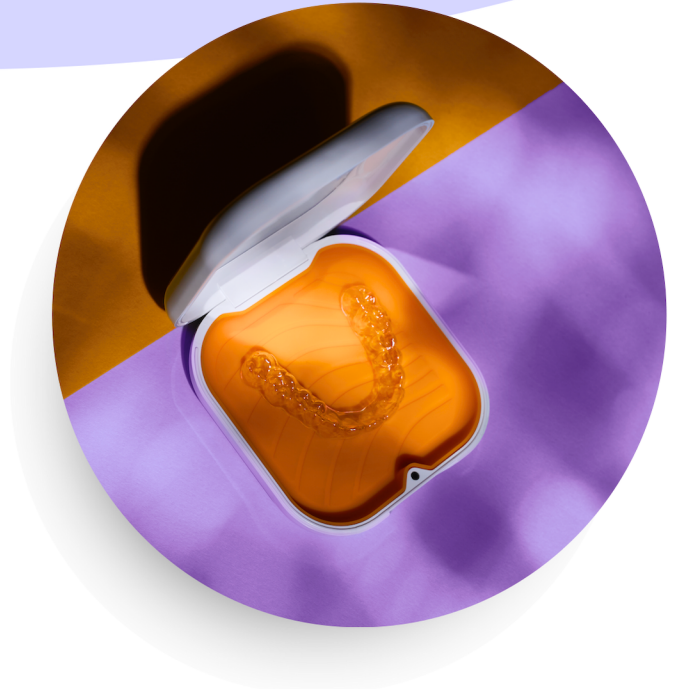
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8. Retainers need to be worn full time for the first 6 months after your braces have been removed.

9. After you've worn your retainer full time for the first six months, the subsequent phase involves wearing it only during the night, from bedtime until the next morning, **for another six months.**

10. We strongly recommended that after your one year of supervised retention period, continue wearing them after dinner twice a month for rest of your life.

11. Research shows that teeth move throughout your life, so if you don't want your teeth to go crooked again, it is best to wear your retainers every night. If for any reason you have not been able to do so, and your retainers do not fit perfectly, be careful as they will not do the job properly and your teeth will go crooked under ill-fitting retainers.



12. One set of Upper / Lower retainers is issued at the end of the treatment with no extra cost. If you notice that your retainers do not fit properly, we suggest you come as soon as possible. **Please be aware that the replacement retainers will be at your own cost and failure to do this will invalidate any warranty on your orthodontic treatment.**





CARE

FOR RETAINERS AND ALIGNERS



STORE IN THE CASE

Opting to store the retainers/aligner in tissue paper or alongside other objects can damage or distort the retainer. Please store in the designated case when not in use.

DO NOT USE HOT WATER

Exposing the retainer/aligner to hot water can alter its shape and compromise its integrity



REMOVE BEFORE EATING OR DRINKING

Eating or Drinking carbonated drinks while wearing retainers/aligners can cause it to crack, break or weaken the retainer/aligner.



HANDLE WITH CARE

Mishandling the retainers/aligners during removal, reinsertion or cleaning can result in distortion. Follow instructions provided in your starter kit.



BRUXISM (TEETH GRINDING)

Excessive teeth grinding can wear down the retainer/aligner material over time.



DAILY CLEANING ROUTINE

Cleaning your retainer/aligner on a daily basis maintains hygiene and reduces the chances of plaque collection and damages the teeth.



Keep in mind, retainers and aligners are crafted from polyurethane sheets, over time retainers/aligners naturally wear out and are susceptible to breakages. Following these instructions will extend their lifespan, ensuring better and more optimal treatment results.