

RETAINERS for ORTHODONTICS

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MAKLUMAT PESAKIT: MEMBANTU ANDA MEMBUAT KEPUTUSAN BIJAK



(Clearoverlay Retainer)

- Always bring the retainers to the appointments.**
- Take the retainers out when eating. When retainers are not in the mouth they should ALWAYS be in a retainer case.
- Buy a case/container and always put retainers in their case when not in use.
- Do not lose the retainer especially when eating in restaurants.
- Clean retainers thoroughly once a day with a toothbrush and toothpaste. Keep retainers away from hot water, hot car dashboards, pockets, the washing machine, and paper tissues. Brushing retainers removes the plaque and eliminates odors.
- Denture cleaning tablets or other orthodontic appliance cleaners can be used but these do not take the place of brushing.
- Initially, you may find it difficult to speak. Practice speaking, reading, or singing aloud to get used to them faster.
- Retainers are breakable, so treat them with care. If retainers are lost or broken call us immediately.
- If your retainer gets misplaced, broken, or becomes loose, call the clinic as soon as possible. Replacement retainers will be supplied for an additional fee.
- If you have any questions or concerns about the retainers, or the retainers need adjusting, call us. Do not try to adjust them yourself.
- Retainer replacement is expensive take proper care.
- Remove retainers when swimming, skiing, or playing contact sports.
- If you miss a night or two, wear the retainer for 24 hours after. The teeth may be sore but should realign.
- Wear the retainers full time, until the doctor instructs otherwise.
- First Two weeks: **Wear your retainers FULL TIME for two weeks** (unless otherwise told by the Doctor). You may remove your retainers while eating and brushing but you must replace them as soon as you are finished.
- If the retainer too tight, too loose or hurting the gum please call the clinic for adjustment.
- After First two weeks: After wearing your retainers for 2 weeks you will then go to **wearing them at night**. You need to wear your retainers every night for about 10 to 12 hours. If you only sleep eight hours then put them in a few hours before or after bed.

Wired retainer (Hawley Retainer):



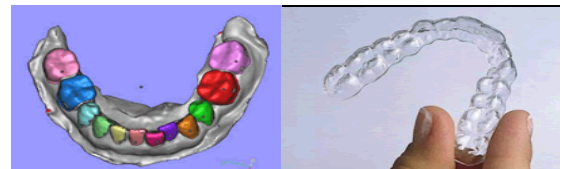
You can take the upper retainer off by PULLING DOWN on the hooks on the back of the wire. You can take the lower retainer off by PULLING UP on the front loops. Never take your retainer off using your tongue. This can cause the wires to snap and the retainer to loosen.

Clear aligners:

If the teeth move/rotate, or patient wants minor adjustment after the brace/retention period, transparent aligners can be ordered. Models is turn into digital 3D files, with the computer aided design and manufacturing (CAD/CAM) process (eg MBrace, Clearsmile, Smartee, WhiteSmile or similar Invisalign), minor teeth movement can be achieved.

Advantages: Removable, transparent/invisible

Disadvantages: higher cost, technical demanding, may need more than more set aligner.



Lower Fixed Retainer



A wire is cemented on the invisible side of teeth eg lower front teeth tongue side.

Advantages: More convenient, no need to remove everyday.

Disadvantages: Difficult to clean, accumulation of plaque and tartar. Sometimes the cement broken and wire detached without being notice and teeth may move out of alignment.