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Prosthodontist

Awarded **BEST ORTHODONTIST IN BANGALORE**

Oral Implantologist (Frankfurt Univ)

National Dental Excellence Awards, 2014

INSTRUCTIONS FOR ORTHODONTIC RETAINERS

Congratulations!

You have successfully completed your orthodontic treatment and your braces are off. While you must be thrilled with your new look, you must remember the basics of the next phase. Your teeth will not stay where we put them. Yes! Your teeth will tend to move back to their original positions. This means your teeth might come forward, become crooked or gaps might open up.

But there is nothing to worry. We'll put you on retainers which will hold your teeth in place till your teeth become firm in the new positions. The soft tissues, surrounding bone, the tongue and lips must adapt to the new dental alignment. Up to this point it has been a team effort, but now the retention phase is up to "YOU."

FIXED RETAINER – Your fixed retainers are fixed permanently on the inner sides of your front teeth. You need to ensure good hygiene around the fixed retainer. If the fixed retainer breaks even on one tooth, you must get it fixed immediately; otherwise that particular tooth will move away. Fixed retainers are generally left in place indefinitely. Do remember to visit your dentist once every 6 months for scaling.

REMOVABLE RETAINER – depending on the need, you may or may not be given a removable retainer.

- Wear your retainers as prescribed - retainers do their best while in the mouth. Retainers are to be removed while eating and brushing

- The removable retainer must be used full time for the first 6 months and then indefinitely at bedtime
- Do not let your retainers get damaged or bent (keep it in the case when not in the mouth)
- Do not expose your retainers to any form of heat as this may distort them
- Do not leave your retainer within reach of pets
- Clean retainers thoroughly once a day with a toothbrush and a clear mouth rinse. Use warm but not hot water. Brushing retainers removes the plaque and eliminates odors.
- Visit your general dentist regularly for check-ups and cleanings

If you have any concerns or questions regarding your progress, please do not hesitate to contact us. An out of hours contact number is also provided.

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