

Retainers

One of the most important parts of your orthodontic treatment begins after your active treatment is complete. In order to ensure that your teeth do not move, Dr Shimanto will design retainers to stabilize and preserve the alignment of teeth and jaws that orthodontic treatment has achieved. Retainers are used for two reasons: to allow bone to rebuild after your teeth have moved, and second to keep individual teeth from moving. Keeping your teeth straight is now your responsibility.

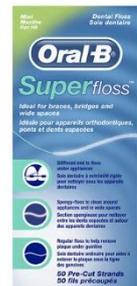
Fixed Wire Retainers

A fixed wire is one of the most common forms of orthodontic retention and involves a thin wire bonded behind the top and/or bottom front teeth to keep the teeth in their ideal position. This helps to retain the alignment that was achieved during your orthodontic treatment. The wire should remain in place permanently to prevent any movement of the teeth.



Caring For Your Fixed Retainers

- Brush at an angle of 45 degrees towards the gumline behind your front teeth, ensuring to brush around the fixed wire.
- Super floss is a type of floss with a stiffer end that makes it easier to slide between your fixed retainer wires to floss appropriately. Superfloss can be purchased at supermarkets and pharmacies.



If your fixed retainer wire is causing any discomfort but is still on the teeth, please contact us to organise an emergency appointment.

Please contact us immediately if your fixed retainer wire is loose or off the teeth. It is extremely important to contact us if this occurs as there is a chance the teeth can move. If you have a night time retainer also, please wear this retainer day and night until we see you.

FAQ: How long do I have to wear my retainers?

Our clinicians will recommend how long to continue wearing your retainers. Wearing your retainers as prescribed is the best way to keep your teeth from moving following active orthodontic treatment. By wearing your retainers, your teeth are more likely to remain in their ideal position.

FAQ: Why do some teeth shift?

Due to the continuous change & rebuilding of bone around your teeth, small shifts may occur after your braces have been removed. The best way to keep your teeth from shifting is by wearing your retainers as prescribed. Research suggests that wisdom teeth do not necessarily cause teeth to shift. In most cases, removal of wisdom teeth is done for general dental health reasons rather than orthodontic health. Your family dentist or your orthodontist can give you guidance regarding removal of wisdom teeth.

Night Time Removable Retainers

A night-time retainer is a removable retainer made of a thin clear plastic or acrylic and is worn on a night-time basis. Dr Shimanto will advise you of which type of retainer you will need. The purpose of wearing the retainer is to prevent the teeth from moving following orthodontic treatment. Your removable retainer needs to be worn on a night-time basis to allow the teeth to remain in their straightened positions, not wearing your retainer nightly can lead to relapse which will result in the retainer not fitting and misalignment.

Clear Plastic Retainer



Hawley



Caring For Your Night Time Retainer

- **Clean your retainer everyday:** Like our teeth, retainers can harbour bacteria and germs causing build-up around the retainer or an unpleasant smell. With water, brush your retainer with a soft toothbrush gently to remove any debris. Refrain from using toothpaste more than once a week, as it can wear the retainer. If the retainer develops an unpleasant odour, soak the retainer in a denture-cleansing solution according to package instructions.
- **Do not use hot or boiling water:** Hot or boiling water can cause the retainer to warp and a new retainer will be needed.
- **Do not wrap your retainer in tissues or napkins:** Wrapping your retainer in tissues can result in them being accidentally thrown out. If the retainer needs to be removed, keep it in the container that was provided to you.
- **Be cautious when inserting and removing the retainer:** Remove the retainer using your index fingers and gently pull down towards the back of the retainer. When inserting the retainer ensure to seat it using your fingers and refrain from biting down to seat the retainer.
- **Keep your retainer away from pets:** Avoid keeping your retainer in close proximity to any dogs or other pets at home as they have a tendency to chew or damage retainers.

If your retainer has been lost, damaged or is not fitting please contact us for an emergency appointment to have a new retainer made.

Regularly Attend Retainer Review Appointments

To maintain your smile, it is essential to regularly schedule retainer check-up appointments as advised by Dr Shimanto. However, if you notice that anything feels different with your fixed or removable retainers, please contact us to schedule an emergency appointment sooner.