

### speech □

In the first few days your speech will be altered and you will produce extra saliva. This will reduce with time and practice. Reading out loud for 5 to 10 minutes a day will help you get your speech back to normal again.

A good idea would be to read this pamphlet out aloud to yourself.

### cleaning □

Your trutain should be cleaned every day with a soft toothbrush and warm running water (not hot water). The best time to clean your trutain is usually when you brush your teeth, as you will be near a sink and the trutain needs to be removed anyway.

As you will be wearing your trutain full time for 2 weeks, rinse your trutain under running water in between brushing after meals.

Plate cleaning tablets such as Sterident or Retainer Brite may also be used occasionally if the trutain develops an odour over time.



### what you get today □

A baby toothbrush - it is soft and small enough to help clean your trutain.

A case - a safe place to keep your trutain, when it's not in your mouth or being cleaned.

A sample of Retainer Brite - to help keep your trutain in near-new condition. This is for you to use once every few months. Place tablet and trutain in a glass of water for 15 minutes and then brush with the baby toothbrush to give it a thorough clean. You can purchase more from our reception desk.

### important □

If you lose or break your trutain, if it feels strange or if it is not fitting as well as it used to, make sure that you make an appointment to see us as soon as possible. There will be a fee to replace a lost or broken trutain.

Make sure you always use cold or luke warm water to clean your trutain. Boiling hot water will distort it.

**Warning: not wearing your trutain may result in you needing braces again.**

## instructions for trutain (clear retainer)



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### what does a trutain do? □

A trutain is a clear plastic retainer that helps hold your teeth in place once orthodontic treatment has been completed. It is a direct copy of what the teeth look like after the braces come off.

### wearing your trutain □

When wearing your trutain, it should fit like a glove over your teeth. There should be no excess plastic sitting below each tooth.



Begin by looking in the mirror and positioning the trutain so that your teeth are correctly lined up with the shape of the trutain.



Push up with your thumbs for the top. Push down with your fingers to place the lower one. They may make a clicking noise to signify they are in place

Note: do not bite the trutain into place, this will weaken it and it will break.



The trutain should feel tight at first, then normal as if it's not there.

### fitting □

When fitting your trutain, always make sure you look into a mirror so that you can correctly position the trutain. Once your trutain is in the correct position, simply use your fingers to push against the plastic and the trutain will click into place.

### removal □

When removing your trutain, always use your index fingernails to pull downwards on the back of the trutain. To remove the lower, use your thumbs and push up. Ensure that you always remove from the back of the trutain, this will make your trutain last longer. If you remove from the front you run the risk of putting too much pressure on the trutain and your teeth.

### wear □

Initially you will wear your trutain full time for 2 weeks (23 hours a day). This means that you leave your trutain in place for sleeping and talking. The only times you may remove your trutain is when you are cleaning your teeth, playing a contact sport, eating or swimming at the beach. Do not remove it to drink water.

After this 2 week period, you will wear your trutain every night until otherwise instructed by the Orthodontist or Hygienist.