

instructions for Invisalign retainers



what does a retainer do?

A retainer helps hold your teeth in place once Invisalign® treatment has been completed. It is a direct copy of what the teeth look like after the attachments come off.

wearing your retainer

When wearing your retainer, it should fit like a glove over your teeth. There should be no excess plastic sitting on your gums.

- 1.** Begin by looking in the mirror and positioning the retainer so that your teeth are correctly lined up with the shape of the retainain.



- 2.** 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 retainer into place, this will weaken it and it will break.



- 3.** The retainer should feel very comfortable and sometimes even loose.



fitting

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

removal

When removing your retainer, always use your index fingernails to pull downwards on the back of the retainers. The easiest spot to place your finger is on the inside of your teeth. Ensure that you always remove from the back of the retainer, this will make your retainer last longer. If you remove from the front you run the risk of putting too much pressure on the retainer and your teeth.

wear

You will wear your retainer every night until otherwise instructed by your doctor or hygienist.

A minimum of 8 hours is recommended. If you miss a night of wear, or wear them for less than 8 hours, it is important to make that missed time up as soon as you can.

Wear the 1 retainer until it needs to be replaced. It should last you well over 12 months. Then change into the next retainer.

cleaning

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

As you will be wearing your retainer every night, rinse your retainer under running water in the morning to remove your saliva.

Cleaning tablets such as Sterident or Retainer Brite may also be used occasionally if the retainer develops an odor over time.



what you get today

- A retainer case. A safe place to keep your retainer when they're not in your mouth or being cleaned.

- A sample of Retainer Brite. This is for you to use once every few months. Place a tablet and your retainers in a glass of water for 15-20 minutes and then brush with a soft toothbrush to give it a thorough clean.

important:

Please remember that not wearing your retainers will mean that your teeth could relapse, to ensure this does not happen it is essential to wear your retainers as instructed by the doctor or hygienist.

If you lose or break your retainers or if it's not fitting as well as it used to, make an appointment to see us as soon as possible. There will be a fee to replace a lost or broken retainers.

Always use cold or luke-warm water to clean your retainers. Boiling or very hot water will melt and distort the plastic which will affect the fit.

Keep your retainers safe from family pets especially dogs as they can smell the saliva on them and will chew them up!

Please bring your retainer/s with you to every appointment.

