

instructions for trutains (clear retainers)



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 on your gums.



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



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 trutain into place, this will weaken it and it will break.



3 The trutain should feel tight at first and will then settle.

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. The easiest spot to place your finger is on the inside of your teeth. 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

You will wear your trutain every night until otherwise instructed by your orthodontist 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.

speech

In the first few days your speech may be altered and you may 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.

Try and read this pamphlet out loud to yourself!

cleaning

Your trutain should be cleaned every day with a soft toothbrush and cold 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 every night, rinse your trutain under running water in the morning.

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

