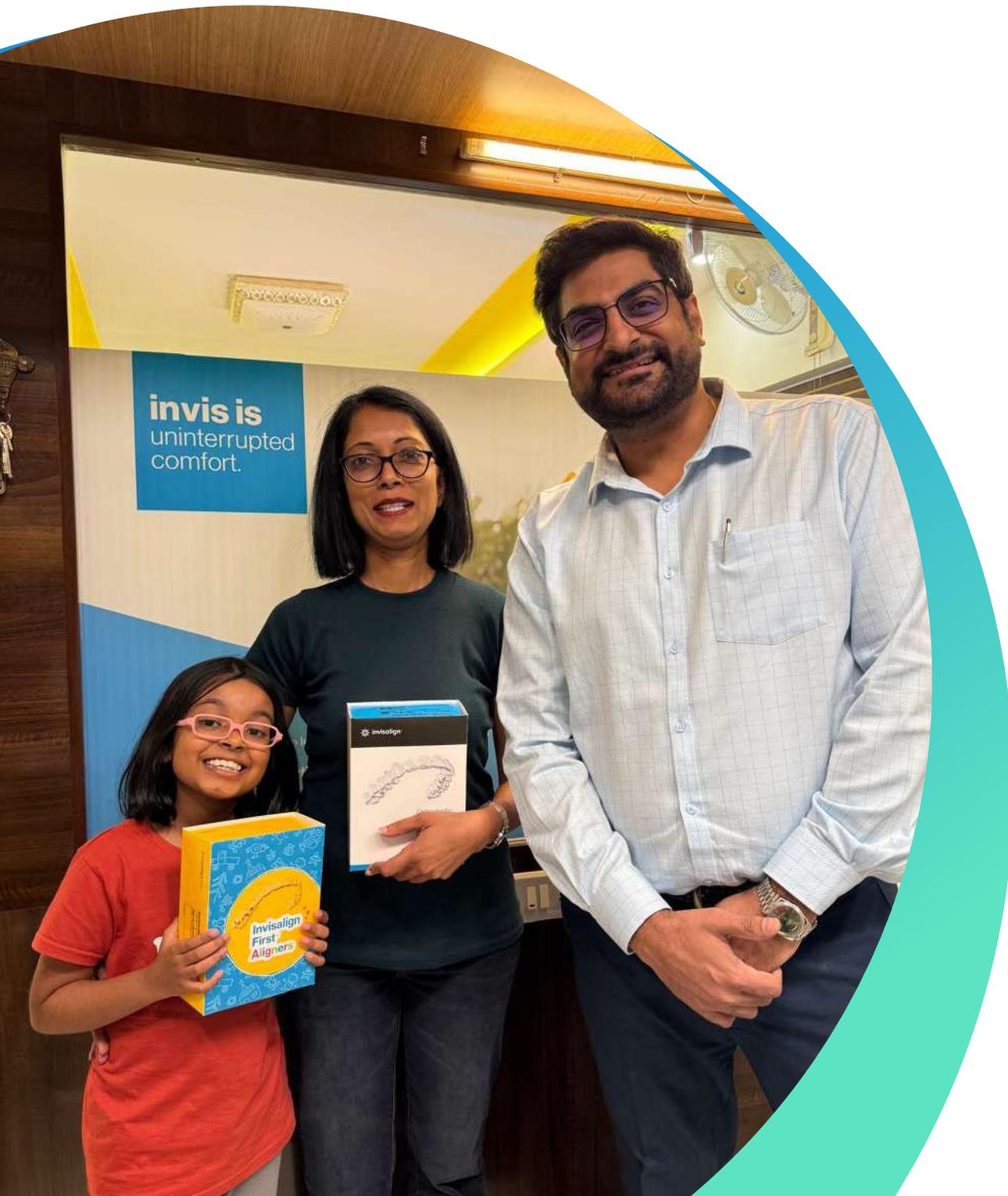




RETAINER INSTRUCTIONS





Removable Retainer



Fixed Retainer

Yay! Congratulations on Completing Your Alignment Treatment!

However, your journey with us is not over yet. To ensure the success of your treatment and prevent your teeth from shifting back to their original position, you will receive two sets of retainers: one fixed (bonded retainer) and one removable (clear retainer).

REMOVABLE RETAINERS

It is very important to follow these instructions to successfully complete your orthodontic treatment. Remember to bring your retainers to every dental visit.

Wearing Your Retainers

- 1 ALWAYS keep your retainer in a safe place when you are not wearing it.
- 2 Do not leave it in your car during the summer—heat can distort the plastic.
- 3 Keep your retainers away from pets (they may chew on the plastic!).
- 4 DO NOT wear your retainers while participating in sports or swimming.
- 5 NEVER eat anything while wearing your retainers. It's okay to drink water but remove them for any other beverages.
- 6 If you forget to wear your retainer, wear it full-time for a few days to re-align your teeth. You may experience some soreness as they re-align.
- 7 If you cannot push the retainer into place or it does not fit, call us as soon as possible.





Schedule

- 1 For the first month, wear your retainers full-time. Remove them only while eating or brushing.
- 2 After the first month, wear your retainers every night for the next six months.
- 3 After six months, you can wear your retainers three times a week at night for the following six months.



Caring for Your Retainers

- 1 ALWAYS brush your retainer when you brush your teeth.
- 2 It's OK to brush them with toothpaste, but toothpaste can make the plastic look dull or cloudy.
- 3 NEVER place your retainer in hot water. Heat can distort the plastic and ruin the retainer.



Troubleshooting

- 1 If you lose your retainer, if it breaks, or if it is not fitting correctly, CONTACT US AS SOON AS POSSIBLE.
- 2 There will be a charge to replace lost or broken retainers or to replace retainers that do not fit due to lack of wear.

BONDED WIRE RETAINERS (FIXED)

If you have a wire retainer bonded to your teeth, please remember the following:

Care of Bonded Retainers

- 1 This retainer will be in place for several months; therefore, it is very important to brush and floss under the retainer wire EVERY DAY. Food and plaque build-up around the retainer can cause tooth decay and irritation to the gum tissue.
- 2 DO NOT bite hard or sticky foods with your front teeth. Doing so may bend or loosen the wire. Instead, cut foods like apples and carrots into small pieces and chew them with your back teeth.
- 3 DO NOT poke your bonded wire retainers with a toothpick!

Loose or Broken Retainers

If your retainer gets damaged, comes loose, or if you notice even the slightest movement in your teeth, CONTACT US AS SOON AS POSSIBLE.



THANK YOU !

 +91 98207 24827

 +91 85919 21230

 drsidharthshah@gmail.com

 drsidharthshah.com

 203/204/302, Kanaiya, 250, opp. National College, Bandra West, Mumbai- 400050