

RETAINER CARE SHEET

How to clean removeable plastic retainers?

- To keep your teeth in their new position, retainers should be worn every night for a lifetime.
- Brush and floss your teeth before wearing retainers.
- Give your retainer a proper clean at least once a day using hand soap and a brush. Avoid cleaning the retainer with toothpaste as this may be too abrasive.
- Avoid hot water or high temperatures as this may warp the plastic materials. Do not place your retainers in the dishwasher or any other cleaning devices not designed for retainers.
- Soak the retainer in an anti-bacterial retainer solution once a week as this can help maintain its freshness and kill bacteria. Other options include denture cleaning solution or mouthwash but, these may make your retainers yellow.
- When not in use (daytime) retainers should be kept in its plastic case to prevent it from breaking or becoming lost. Rinse the retainer before placing it in its case to help reduce the number of bacteria being transferred back into the mouth. Let them air-dry to prevent odour.
- Do not eat or drink with your retainers in.

IF YOU LOSE, DAMAGE OR BREAK YOUR RETAINERS, SEE YOUR DENTIST IMMEDIATELY FOR A NEW SET TO BE MADE AS THE TEETH CAN MOVE.

How to clean fixed bonded retainers?

If you have a small wire glued to the back of your teeth you have a fixed retainer.

To clean this, brush the wire with your toothbrush and then use floss threaders or picks to clean between the teeth as regular floss will not pass down the spaces between the teeth. See your dentist for regular check-ups to inspect the wire for any damage or breakage.