RETAINER INSTRUCTIONS

ORTHODONTIC DEPARTMENT

The Royal Dental Hospital of Melbourne
720 Swanston St Carlton 3053

Ph 9341 1000 Outside Metro Area 1800 833 039

Keep these notes in case any problems arise with your retainers and you need to know what to do.

The retainer stage of your treatment is just as important as the braces stage. This is because teeth have a memory of where they used to be. Your teeth will move if you do not wear your retainers as instructed. The teeth may go crooked or gaps may open up.

For the first two years after braces you will have recall appointments with the orthodontic department to supervise your retainer wear. During these two years, you can have repairs or a replacement if you lose or break your retainers. You will then be returned into the care of your dentist for any further retainer needs.

Some retainers are glued on the teeth. After two years you can decide if you want them taken off and replaced with a removable retainer that your dentist can supervise.

Name of patient

UR number

Date

I have received the retainer information sheet and agree to the requirements

Patient / guardian (if under 18) signature _____

General dental check-ups
After braces are taken off, it is a good time to see your general dentist for a check-up because now your teeth can be properly examined. You should continue to see your dentist regularly for check-ups.

Special instructions
- Do not wrap the retainers in a handkerchief or tissues as this often results in the retainers being thrown away, lost or broken.
- Whenever your retainers aren't being worn they should be kept safely in their plastic box.
- Initially you may find it hard to talk and eat with your retainers, but this will improve after a couple of days.
- Lost or broken retainers will be replaced once free of charge. After this, there is a fee to replace retainers.
- Do not chew gum when wearing your retainers as it sticks firmly to them.
- Do not move the retainers up and down with your tongue as this will loosen and break the wires.

Cleaning instructions
When you take your retainers out after eating or in the morning:

- Brush your teeth and gums
- Brush your plate both sides with a toothbrush and toothpaste, or a nailbrush and soap
- After eating, if you can't brush your teeth and retainers, at least take them out rinse your mouth and retainers with water
- To remove stains, you can soak your retainers using white vinegar for 15 minutes once a week

Retainer check appointments
- Please inform the hospital immediately if you change your address or telephone number. Otherwise your appointment reminders will not reach you.
- Always bring the retainers with you to appointments.
- If you ever miss an appointment, ring the orthodontic reception on 9341 1035 for another appointment.

Problems with retainers
If you have any problems with your retainers, ring as soon as possible (9341 1035) between 8.30 am and 4.45 pm Monday to Friday. Ask for an urgent appointment with an orthodontist. Make sure that this is arranged within 24 hours.
If part of the retainer is broken, keep wearing the retainer as much as possible until you can see the orthodontist