

## How To Keep Your Retainer As Good As New!!

**Congratulations** on having your braces fitted! This is something to be proud of, so please look after them very carefully and keep them spotlessly clean. Your teeth may be sore for a few days, but this will not last. Simple painkillers like Nurofen will help. You may find it helpful to eat soft foods instead of crusty bread or crunchy vegetables for a few days. Practice speaking with your braces in! We will work together with you to make your treatment as pleasant and successful as possible.

### Care of your braces and teeth

1. Wear it at all times – including meal time and sleeping hours unless you have been specifically instructed otherwise.
2. Take out your appliance and brush your teeth after each meal. If you can't brush, remove your appliance and rinse thoroughly before replacing it.
3. When brushing, hold the plastic appliance in the palm of your hand and carefully brush first the inside then the outside surfaces.
4. For home, a hand brush and soap will do a better cleaning job than a tooth brush by itself. *NEVER PLACE IN BOILING OR HOT WATER.*
5. After cleaning put it back in your mouth. If there is a rubber band on your appliance replace it with a new one at this time.
6. We have found that loose or broken appliances occur only out of your mouth – yours belongs in your mouth – keep it there !!!
7. Don't wear it when swimming! Appliances are very difficult to locate on the bottom of the pool.
8. Do not allow pets to sleep in the same room as you. If it comes out at night and your dog finds it, it will chew it!
9. **Never wrap your brace in a tissue or serviette.** It can't be seen and it will be thrown away! It must be in your mouth or in its special box.
10. It is even more important to keep your teeth spotlessly clean now. So please make sure that you spend at least 2 or 3 minutes brushing every surface of every single tooth. It would also be much appreciated if you would clean your teeth and brace before your regular checkups.

\* **Don't leave your retainer lying around the house - little people and pets are fascinated by them.**

\* **never place your appliance in boiling or hot water!**

\* **avoid flipping or playing with your appliance with your tongue.**

**Take very good care of your little companion!!**