

Congratulations on getting your braces removed!

Review appointments will now be made over the next few years to monitor further growth and development, along with the eruption of any wisdom teeth. In time, your appointments will be reduced gradually but you should always keep your retainers. You should also continue to visit your local dentist for cleaning and check-ups every 6 months.

## Prices for replacing a retainer

**Hawley Retainers**  
\$250 each

**Clear Retainers:**  
\$150 each

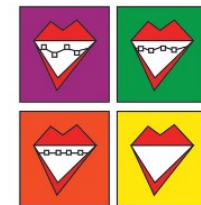
## CONTACT US

Footscray Orthodontics  
60 Droop Street, Footscray VIC 3011  
(03) 9689 8211  
footscray.orthodontics@gmail.com  
www.footscrayorthodontics.com

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@footscrayorthodontics



**REASONS TO WEAR  
YOUR RETAINER!**

FOOTSCRAY ORTHODONTICS

## Why do I need to wear a retainer?

Since you have had your braces removed, you will now be required to wear a retainer. Retainers are worn to hold the teeth in their newly corrected position. This is a critical part of your orthodontic treatment because if you do not wear your retainer, then your teeth can end up moving back to their original position!



Example of a Hawley retainer

## Retainers should NOT be worn

- When you are eating
- When you are playing sport/swimming
- When you are brushing your teeth

Otherwise, they must be worn exactly as instructed. Initially, your speech may be affected but you can overcome this by reading something out loud. This will re-train your tongue to compensate for the presence of the retainer.

## Fixed wires

For patients that have fixed wires, it is important that you care for them appropriately. Fixed wires give you the freedom to wear your retainers at night only unless specified otherwise.

Avoid chewing on hard foods that may dislodge the wire. Continue to floss your teeth with the wire present. Superfloss may be an option for those who find flossing around the fixed wire difficult. We are here if you need any help.

A repair of a fixed wire will incur an additional charge.



## Cleaning your retainer

Your retainer should be cleaned at least once daily using a soft bristled toothbrush and cold water.

Do not use hot water as it will distort it. Do not use toothpaste on the retainer either, as it will discolour it.

Now and again, you can use a denture cleaning tablet such as Polident and soak your retainers for approx. 5 minutes.

## Important reminders

- You must wear your retainer as instructed. If you fail to wear your retainers, there will be relapse of the teeth (they will move).
- Keep your retainer clean and in its case when you are not wearing it.
- Do not wrap it up in a tissue - you may accidentally throw it out.
- Do not place it anywhere without its case, it may get broken or lost.

## Teeth whitening/bleaching

If you are interested in having your teeth whitened, then be sure to have a chat with us at your next visit. We do offer a take-home bleaching kit which includes custom made trays fitted to your teeth and the bleach itself.

Prices start from \$280.

We would not recommend this for patients under 18 years of age.