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# WHAT TO KNOW BEFORE YOU GET A RETAINER?

FOR DR. ROZE BIOHEALTH CLINICS | 10.06. 2022

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When you're finished with orthodontic treatment, your Specialist Orthodontist will provide you with a retainer to keep the results in place. That's why it's called a "retainer": it "retains" the movements achieved by your braces or Invisalign treatment! Preventing teeth from shifting out of alignment...

## **1/- What are the different types of retainers?**

Retainers are pieces of plastic or metal that are custom-made for each person. No two retainers are the same. They're made to match the shape of your mouth and the alignment of your teeth. Our Specialist orthodontist may prescribe one of the following types of retainers:

- **Permanent retainers:** These are bonded to the teeth, so an individual cannot remove them. People may prefer these retainers because they are unnoticeable, but they may be uncomfortable.
- **Hawley retainers:** These retainers are made of wire attached to plastic (or acrylic) that is molded to a person's mouth. Because they are removable, they are convenient and easy to clean.
- **Clear retainers:** These are custom retainers made using an exact replica of the person's teeth. They are virtually invisible, making them a popular choice (Vivera, Essix and Zendura).

## **2/- Why have you been prescribed teeth retainers?**

Patients who have had their teeth aligned with braces use retainers. They are typically the final phase of orthodontic teeth straightening procedures and ensure that teeth stay in their new position.

## **3/- What precautions do I have to take with my retainers?**

You should take the following precautions to ensure effective use of your retainers:

- Wear the retainers as your orthodontist directs.
- Do not chew gum while wearing the retainers, and do not chew on the retainers.
- Be careful while removing the retainers from the mouth. Use both index fingers at the gumline to do so.
- Keep the retainers in their specific case.
- Consult a dentist or orthodontist if the retainers become uncomfortable.

#### 4/- How do I clean my retainers ?

- **A bonded retainer** will need to be cleaned as part of your regular dental hygiene routine. Since you can't remove a fixed retainer, you'll need to floss your retainer (and the front of your teeth) with a floss threader. Also, make sure to angle your toothbrush vertically as well as horizontally to get rid of any plaque buildup or food particles around your fixed retainer.
- **Clean your removable retainer** with lukewarm water every time you remove it. Rinsing your retainer when it's still wet with your saliva will keep food from hardening on your retainer.

Wearing a retainer according to your orthodontist's instructions is essential to maintaining the results of your braces...so do not hesitate to contact us for any question you may have.



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