

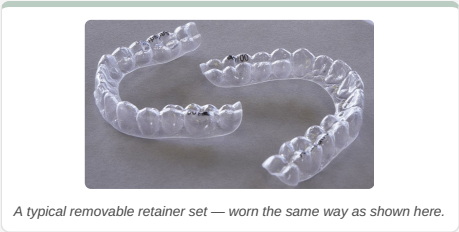
Retainer Care & Instructions

Protecting your new smile after treatment

Congratulations on completing your active treatment! Your teeth are now in their new positions, but the bone, gum, and ligament fibres around them are still settling in — without a retainer, teeth naturally drift back towards their old position over time. Wearing your retainer as instructed is what protects the result you've worked for.

Your wear schedule

- **First week:** wear full-time, day and night — only take it out to eat.
- **After the first week:** switch to night-time wear only, worn indefinitely.
- "Indefinitely" means every night, ongoing — teeth can shift at any stage of life, even years after treatment.



Stick to the schedule. This is the general routine we recommend, but Dr Jarred may adjust it for your specific case — always follow what you're told at your retainer check appointment.

Types of retainers

Depending on your case, you may have been given a removable retainer (a clear, aligner-like tray, or a Hawley-style retainer with acrylic and wire), a fixed retainer (a thin wire bonded behind your front teeth), or a combination of both — commonly a fixed retainer on the lower front teeth and a removable one on top. Each type needs slightly different care, covered on the next page.

Caring for a removable retainer

Rinse under cool or lukewarm water every time you take it out — never hot water.



Clean gently with a soft toothbrush and a little liquid soap — skip toothpaste, it can scratch the plastic.

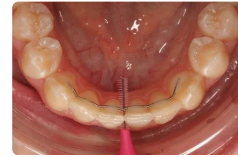


A weekly soak in retainer/cleaning crystals helps keep it clear and fresh.

- Always store it in its case when not worn — napkins and tissues are the most common way retainers get thrown away by accident.
- Keep it away from heat — hot water, direct sun, and hot car interiors can all warp the plastic.
- Bring it to your check-up appointments so we can assess the fit.

Caring for a fixed retainer

- Clean along and underneath the wire daily with an interdental brush or floss threader — plaque builds up around it easily.
- Avoid biting directly into hard foods (apples, hard bread, ice) with your front teeth — cut them up instead.
- Run your tongue over it gently from time to time to check it still feels firmly attached.



Actual case photo: cleaning along a lower fixed retainer wire with an interdental brush.

Signs your fixed retainer may have debonded: a section of wire feels loose or moves when pressed with your tongue, part of the wire has come away from one tooth while staying attached to the others, or a tooth suddenly feels like it's shifting. Even a partial debond can let that tooth move unevenly, so contact us as soon as possible rather than waiting for your next routine visit. If you have a removable retainer as well, wear it more in the meantime until we can see you.

Evidence-based approach

Specialist-led treatment

We're one WhatsApp away