

MOAMA DENTAL CLINIC

INSTRUCTIONS FOR CLEAR OVERLAY RETAINERS

The clear overlay retainers are very thin but are quite hard wearing and it is most important that during the first six months after the braces come off, you wear them all the time except for eating.

Initially the retainers will feel a little strange but generally, people get used to them pretty quickly.

NEVER wash the retainers in Hot water or they will distort

Always remove the retainer from both sides of the mouth at once, most retainer breakages occur because people are rough removing them.

Clean the retainer with cold water and tooth paste and make sure that the teeth and gums are thoroughly cleaned at least twice a day also.

Please be careful to put your retainer in a box when eating - when eating out, it is easy to wrap it up in a tissue and throw it out at the end of the meal.

The retainers should not be worn when playing contact sports, it is important that you have a properly fitted mouthguard for use during contact sports.

Change the retainers every year for oral hygiene reasons.

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