



WHY WEAR RETAINERS? FAQs

After the completion of orthodontic treatment and your braces removed, you will need retainers to hold your teeth in their new positions.

For how long do I need to wear retainers?

It takes time (up to one year or more) for the bone and all the tissues around your teeth to reorganise and settle into their new positions. Therefore, it is necessary to use retainers until your bite stabilises. In the first month after the braces are removed, the risk of relapse (teeth starting to move back to their original positions) is very high.

Due to the unpredictability of the occurrence of relapse, we advise our patients to continue wearing the retainers as long as they want straight teeth. If you had gaps between your teeth before treatment, the retention period will be longer. If your teeth move back to their original positions, you may need fixed braces again to correct them.

What type of retainers are there?

The retainers are individually designed to prevent teeth from reverting to their original positions. Patients of this practice will be given two types of retainers - fixed and removable.

Fixed wire(s) will be bonded at the back of your upper and lower front teeth. In some cases, only the lower teeth will have a fixed wire.



Removable appliance(s) will be given for nightly wear.



Do I have to Wear Them All the Time?

Your orthodontist will prescribe the retention plan that is best for you. Some retainers are used full-time and some only at night. Fixed retainers are normally kept in place indefinitely.

Is it Important to Use Your Retainers as Instructed?

Removable retainers should be taken out during eating, contact sports and when you brush your teeth. To clean the retainers, remove them first and brush them under running cold tap water. Always ensure that your teeth are clean before wearing the retainers.

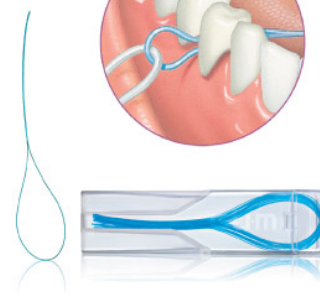
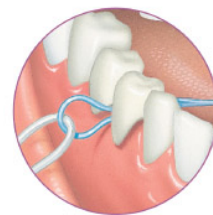
The safest place for your retainers is in your mouth. If you are not using the retainers, they should always be kept in the provided retainer case. There is a great risk of losing retainers if they are wrapped in tissue paper after you remove them from your mouth. Also keep the retainers away from pets.

How Will Retainers Affect My Daily Life?

A removable retainer has a wire holding the front teeth. It will be visible but much less than the fixed braces.

If you have a removable retainer in your upper jaw, it will take you one to two days to get accustomed to them and speak properly. It is normal to experience a lot of saliva in your mouth with a new retainer.

Always bring the box to store your retainers to be kept should you need to remove them. If you have a fixed retainer, you should spend more time to brush the back of your teeth. You have to brush all around the wire so that calculus will not form. You will be instructed on how to use a special dental floss such as 'Superfloss' or with a floss-threader (images on the right). Do remember not to use your front teeth to for biting hard foods or objects. Fixed retainers do not affect speech.



Will my teeth never change when the period of retention is over?

Teeth are not set in concrete and will move continuously throughout life. Bone has the capacity to change and remodel for as long as we live; that is why a broken bone can heal.

From 20 to 50 years of age, faces mature and teeth continue to push forward, causing crowding of the lower front teeth. This happens regardless of whether you have had wisdom teeth removed, extractions of teeth or previous orthodontic treatment for crowded teeth.

To avoid the risk of late crowding, removable retainers can be worn nightly and fixed retainers kept indefinitely.

Adult patients usually sleep with their retainers on for the rest of their lives, if they want their teeth in perfect alignment.

How often will I have to visit my orthodontist after removal of braces?

You should still have a regular follow up appointments with your orthodontist. These appointments are free of charge and are part of your treatment. Please ensure that you bring all of your retainers to the appointments.

Following the removal of your braces, you will be seen at 1 month, 3 months, 6 months, 12 months and a final check at 18 months. Your fixed and removable retainers will be checked, adjusted or repaired as required during these follow up appointments.

After 18 months following the removal of your braces, you will be removed from our recall system. However, you are more than welcomed to contact us if you have any problems with your retainers or any other concerns with the alignment of your teeth.