

WHY WEAR RETAINERS?

為什麼要戴保持器？

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

在矯正治療結束，牙套摘掉之後，您需要佩戴保持器把牙齒保持在新的位置。

For how long do I need to wear retainers? 保持器需要戴多久呢？

Due to the unpredictability of the occurrence of relapse, we advise our patients to continue wearing the retainers for as long as they want straight teeth.

由於牙齒位置會復發移位的不確定性，我們建議患者如果還想保持牙齒的整齊，就一直佩戴保持器。

It takes time for the bone and all the tissues around your teeth to re-organise and settle into their new positions. Therefore, it is necessary to use retainers until the bite stabilises. In the first few months after the braces are removed, the risk of relapse (teeth starting to move back to their original positions) is very high.

牙齒排整齊後，牙齒周圍的組織和骨頭需要時間才能重組適應新的位置。因此，需要佩戴保持器直到咬合穩定為止。通常在牙套去掉之後的幾個月中，牙齒復發（牙齒開始移動到原來沒矯正前的位置）的機率非常高。

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.

如果在矯正治療前您的牙齒之間是有縫隙的，則需要保持的時間就會更長。如果您的牙齒回到矯正前原來的位置，您將需要重新戴牙套才能矯正它。

What type of retainers are there? 保持器有哪些呢？

The types of retainer(s) we prescribe are tailored individually on a case by case basis. Patients would be given the choice of two types of retainers - **fixed and/or removable**.

我們提供的保持器將會根據病人具體情況來量身定做。通常病人可以選擇兩種保持器——固定和/或摘戴型。

A fixed retainer is a wire bonded to the back surfaces of the teeth. In most cases, only the lower teeth will have a fixed wire. It is important to clean and floss well and get these fixed retainers regularly checked.



固定保持器：一根鋼絲固定粘在牙齒後背面。多數情況下，只有下牙會裝固定鋼絲。重要的是，這跟固定的鋼絲需要定期的檢查並要用牙線保持清潔。

Removable appliance(s) will be given for nightly wear. All retainers may require repair and/or replacement throughout lifetime.

可摘戴保持器：要求晚上佩戴。所有保持器可能需要終生維修和/或更換。



Do I have to Wear Them All the Time? 我需要每天佩戴保持器嗎？

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.

您的牙齒矯正醫生會制定最適合您的保持計劃。某些保持器需要全天佩戴而有些只需要晚上佩戴。固定保持器通常是永遠的固定在適當的位置。

Is it Important to Use Your Retainers as Instructed?

按照指示使用保持器很重要嗎？

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 without toothpaste. Always ensure that your teeth are clean before wearing the retainers.

摘戴型保持器在吃東西時，做接觸型運動時和刷牙時必須摘下來。在清潔保持器時，先摘下來，用牙刷在冷自來水下沖洗，不需要用牙膏。在佩戴時，必須保證牙齒是乾淨的。

If you are not wearing the retainers, they should always be kept in a container/case. Also keep the retainers away from pets. Breakage or Replacement of retainers will incur a fee.

如果你不需要佩戴保持器時，請確保它放在盒子裏。也請讓它遠離寵物。任何保持器的損壞或更換將會產生費用。

How Will Retainers Affect My Daily Life?

保持器將如何影響我的日常生活？ -



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

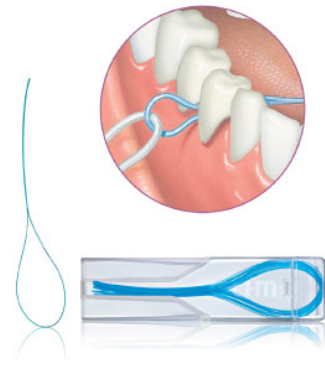
可摘戴的 Hawley 保持器有一根鋼絲保持前牙位置。它是可見的，但相對戴牙套來說，並沒那麼的明顯。

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.

如果你的上牙使用的是摘戴型的保持器，那麼您將大概需要 1-2 天的時間來適應習慣和戴着它來說話。戴着摘戴型保持器，嘴巴裏產生大量的口水，這是正常的。

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 hardened deposits/calculus will not form. You will be instructed on how to use a special dental floss such as 'Superfloss' or with a floss-threader. **Do remember not to use your front teeth to for biting hard foods or objects.** Fixed retainers do not affect speech.

如果外出時您需要摘下佩戴的保持器，請務必帶上裝保持器的盒子。如果您有固定的保持器，您就需要多花時間去刷牙齒的背面。您必須刷到固定鋼絲的周圍，以免形成硬化的沉積物/牙石。我們將會教您使用特殊的牙線如'superfloss' 或 'floss-threader'。請切記不要用您的前牙去咬硬的食物或物體。固定保持器不會影響您的發音。



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

保持期過後，我的牙齒就永遠不會改變了嗎？

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.

牙齒並不生長在混凝土中，並是會在您的整個生命過程中不斷移動。只要我們活着，骨頭就有能力改變和重塑，這也是為什麼骨折後可以治癒。

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.

從 20 歲到 50 歲，臉型的生長，牙齒會不斷的向前推進，造成下前牙的擁擠。無論您是否已把智齒拔除，拔牙或者以前就已經對擁擠的牙齒做過矯正治療，這種情況都會發生。

To avoid the risk of late crowding, removable retainers can be worn nightly and fixed retainers kept indefinitely. In some cases, minor changes to the teeth over time even with the use of retainers may have to be accepted.

為了避免晚期牙齒擁擠的危險，晚上佩戴摘戴型保持器和終生的固定保持器是必要的。在某些病例，雖然使用的保持器，但隨着時間的流逝，牙齒微小的變化是可被接受的。

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

已成年的患者如果希望牙齒一直都整齊，通常建議治療結束後晚上睡覺時都要戴上保持器。

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

牙套摘掉後我需要多久一次去看我們矯正醫生？

You should still have a regular follow up appointments with your orthodontist. These appointments are free of charge and are part of your treatment for 18 months after completion of treatment. **Please ensure that you bring all of your retainers to the appointments so they can be checked and adjusted as required.**

您仍然需要定期隨訪您的正畸醫生。我們提供矯正治療結束後 **18** 個月的免費複查。請確保每次回診都帶上您所有的保持器，以便我們檢查和調整。

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

牙套摘掉 18 個月後，您將會被移出我們病人的跟蹤系統。但如果您的保持器有問題或您對您的牙齒排列有疑問，請及時和我們聯繫。

DO'S AND DON'TS with REMOVABLE Retainers 使用摘戴保持器的注意事項

- DO NOT flick them up and down with your tongue or pull too hard on one side, as they will break
- 在摘戴保持器時，請不要用舌頭上下輕彈，也不要用力猛拉一側。不然保持器會容易折斷。
- Contact the practice immediately if you have a breakage. You will need a replacement urgently
- 如果您的保持器有損壞，請立即聯繫我們。您需要儘快的重新配一個。
- Remove retainer(s) for eating, and only wear it with clean teeth
- 吃东西时要把保持器取下来，并确保佩戴保持器时牙齿是干净的。
- Store the retainer(s) in a hard storage container or you can distort/break them
- 把保持器存放在一个硬质的盒子中以免变形/破坏。
- Keep the retainer(s) and case AWAY from PETS. Animals are attracted to the smell of saliva and can damage the retainers
- 保持器和裝保持器的盒子要遠離寵物。因為寵物都很喜歡保持器上人的唾液氣味，因而它們會造成保持器的損壞。
- Use your toothbrush to gently clean the retainer(s) every day. DO NOT use HOT WATER as they will distort and will no longer fit
- 每天都用牙刷去清潔您的保持器。請不要用熱水，以免保持器預熱變形而不再合適。
- Do not use toothpaste when cleaning the retainer(s)
- 再清潔保持器時請不要用牙膏。

- Soak your retainer(s) (~30-60 minutes) with COLD water and some white vinegar (1:1 ratio) to neutralise the odour from the build up of saliva. This can be done as needed or approximately once every month.
- 如果保持器因佩戴時間長有異味，可以用白醋對冷水（1:1），浸泡保持器 30-60 分鐘。您可以根據自身實際情況或者每月浸泡一次。
- Always bring ALL of your retainers to retainer check appointments
- 回診時請帶上您全部的保持器回來檢查。

PLEASE NOTE: Retainers are extremely fragile and must be looked after very carefully. Careless use will result in cracking and breakage of your retainer.

請注意：保持器時塑料材質，粗心使用會導致保持器的破裂和損壞。請小心維護和使用。