

In the first few days your speech may be altered and you may produce extra saliva. This will reduce with time and practice.

cleaning

Your active retainer should be cleaned every day with a soft toothbrush and cold running water (not hot water). The best time to clean is usually when you brush your teeth, as you will be near a sink and the active retainer needs to be removed anyway.

As you will be wearing every night, rinse under running water in the morning.



if you misplace you're active retainer or you're active retainer becomes damaged

You should immediately move into the next set and advise us immediately.

If your last set is misplaced or damaged, move into the previous set and advise us immediately.

once you reach your final active retainer

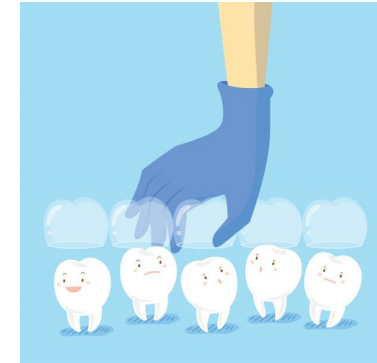
Keep wearing this each night until you're In clinic follow up appointment with the doctor.

At your follow up the doctor will complete one final check of your teeth and then we will make you your final set of nighttime retainers which you should continue to wear each night, long term, to ensure the final position of your teeth is held.

No further appointment will be required after this time.



instructions for active retainers



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what do active retainers do?

Active retainers help hold your teeth in place and finalise any minor movement to your teeth, once your aligner attachments or braces have been removed.

The doctor will determine how many active retainers are necessary when designing them for you.

If you wore clear aligners during your treatment your active retainers will look and feel similar to your aligners without the bumps.

You will receive one round of active retainers before moving into your final set of nighttime retainers.

what is the different between active retainer & final retainers?

Final nighttime retainers are made to hold your teeth in their final position, when no further movement is required.

wearing your active retainers

You will wear your active retainers every night. A minimum of 8 hours is imperative. If you miss a night of wear, or wear them for less than 8 hours, it is important to make that missed time up as soon as you can.

changing your active retainers

You doctor will determine how often your active retainers will be changed. If you use the Dental Monitoring app your scan Intervals will be updated accordingly.

inserting your active retainers

Your active retainers should fit like a glove over your teeth. There should be no space between the teeth edges & the plastic.

1. Begin by looking in the mirror and positioning the active retainer so that your teeth are correctly lined up.



2. Push up with your thumbs for the top. Push down with your fingers to place the lower one. They may make a clicking noise to signify they are in place.

Note: do not bite into place, this will weaken it and it will break.



3. The active retainer should feel tight at first and will then settle.



removal

When removing you're active retainer, always use your index fingernails to pull downwards on the back of active retainer. The easiest spot to place your finger is on the inside of your teeth. Ensure that you always remove from the back. If you remove from the front you run the risk of putting too much pressure on the active retainer and your teeth.

When your active retainer is not in your mouth it must always be stored in its plastic case.