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PRACTICE LIMITED TO ORTHODONTICS

34 CASTLE STREET  
HEREFORD  
HR1 2NW

Tel: 01432273393  
Email: [reception@evansmortonevans.co.uk](mailto:reception@evansmortonevans.co.uk)  
Website: [www.34castlestreet.com](http://www.34castlestreet.com)

## ORTHODONTIC ADVICE - RETAINER APPLIANCES

Congratulations, now that you have finished wearing the active braces we need to hold your teeth with retainers to stop the teeth slipping out of line again.

The new type of vacuum formed retainers are see-through, close fitting and meant to be worn on a regular, but part time basis.

The retainers are called TRUTAINS. They are made from a special durable plastic which has been custom made to fit your teeth exactly. They are tough but not indestructible. These retainers will hold the teeth in position which will allow the soft tissues and gums to consolidate.

### WEARING YOUR RETAINERS

You will need to wear the retainers as directed by your orthodontist. If we say wear it every night then you should expect to do that, and the result will be the teeth staying in place. If you decide NOT to comply with our advice please do not be surprised to find the teeth become crooked again.

Do not bite trutains into place. To fit them, use your index fingers and push the trutains gently into place from the back clicking gently down towards the front until they are in place. To remove them place your 2 index fingers at the back of the trutain and gently pull down.

**DO NOT FORCE THEM OR THEY WILL BREAK!**

### CLEANING YOUR RETAINERS

The retainers should be cleaned in cold water with your fingers rubbed over the outside surfaces and using a toothbrush on the surfaces that fit the teeth. No toothpaste should be added to the cleaning brush as it makes the retainer discolour.

When not wearing the retainer place it in a retainer box carefully in a safe place. A small amount of water will keep the retainer moist and stop it distorting and breaking.

Always clean the retainer with cold water before putting it into your mouth and immediately on removing it in the morning time.

Additionally using BRACE BRITE will keep it extra clean and translucent to improve the life span of the retainer. You can purchase this at reception.

**DO NOT PLACE RETAINERS IN BOILING WATER TO CLEAN THEM THIS WILL DISTORT THE RETAINERS AND THEY WILL NOT FIT!**

These retainers are a long-term method for keeping straight teeth. If you stop wearing them some crookedness will return.

If you break, crack or loose the retainers we can replace them but you will need to pay the full fee for each one. We cannot repair them and cannot provide replacements free of charge.

You should NOT eat or drink with the retainers in place as the teeth and retainers can be quickly damaged by this misuse.

When we return you to your general dentist's care he or she will monitor the retainer at the check up appointments once per year. Any decisions about stopping the wear, replacing or modifying the retainers, should always bear in mind our advice, which is, to continue with the TRUTAINS for as long as possible to keep the teeth looking their best.

**WE WOULD LIKE TO HEAR YOUR FEEDBACK. PLEASE VISIT [CLICK OR SCAN THE QR CODE](#) BELOW TO LEAVE US A REVIEW.**

