



Specialist orthodontic practices in
the Illawarra, Southern Highlands and
Parramatta area.

WOLLONGONG PRACTICE

149 Princess Highway
Fairy Meadow
NSW 2519
Ph (02) 4220 5300

SHELLHARBOUR PRACTICE

10 College Avenue
Shellharbour City Centre
NSW 2529
Ph (02) 4295 9100

SOUTHERN HIGHLANDS

46 Station Street
Bowral
NSW 2576
Ph (02) 4861 7076

PARRAMATTA PRACTICE

13 Grose Street
Parramatta
NSW 2150
Ph (02) 9688 3588



100% Pure Orthodontics
Treating The Whole Family

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Retainers



Now that your braces are off...

...you will need to wear a retainer. There are many different kinds of retainer - your orthodontist will decide which is best for you.

Using your Retainer

How often you need to wear your retainer will depend on the type of retainer you have been given. Your orthodontist will advise you on the correct use of your retainer - and just like with the rest of your treatment, it is important that you follow these instructions carefully.

You may need to wear your retainer as close to full time as possible for a while; after this you will wear it at night time only. Then, over the next 9-12 months, we will gradually reduce the amount of time wearing it. Do not do this yourself - your orthodontist will advise you when you can reduce the amount of time you should wear your retainer.

After each meal, when you brush your teeth, you should clean your retainer. Take your plate out and give it a good scrub, using cold water; toothpaste and your toothbrush. NEVER use hot water - this might change your retainer's shape, meaning it will no longer work.



You will need to take your retainer out when you are swimming or playing a contact sport. While it is out of your mouth, it should be kept in the retainer box we have given you. Make sure you don't put it in your pocket or wrap it in a tissue, as it may get broken or thrown out.

It's also very important not to leave your retainer lying around if you have a dog - they find retainers very tasty!

Retainers can be sterilised periodically with Milton Solution (available at the Pharmacy).

Always bring your retainers with you when you come into our office.

Remember...

Always wear your retainer as instructed - although your braces are off, this is one of the most important parts of your treatment.

You may speak differently for a couple of days - but you will soon get used to your retainer and speak normally again.

If your retainer becomes loose, or you break or lose it, please call our office to arrange the appropriate appointments. There will be an additional fee for lost or broken retainers.

