

Temporary Retainers

Temporary retainers must be worn full-time so your teeth do not move while you wait to have for further orthodontic treatment and/or dental work.

- Only remove them when you are eating or drinking anything other than water.
- Ideally brush your teeth prior to re-inserting or at least rinse your mouth with water.
- To keep your retainers clean Aligner Bright is a great product you can purchase from our practice. **Top Tip:** use an electric toothbrush with some Aligner Bright solution for a quick and effective clean.
- If your retainers do not fit, please contact our office ASAP and we will reassess them for you.
- It is critical that you bring your removable retainers with you to all future orthodontic and dental appointments.
- If lost or broken, urgently contact us. A replacement fee applies so please ensure you look after them.

If you have any further questions please do not hesitate to call our office on 07 5593 3733.