

INSTRUCTIONS FOR YOUR RETAINER

Congratulations, you have reached the final stage of your orthodontic treatment! After braces are removed, you will go on to your retention stage. At Aura Orthodontics there are three main types of retainers: The Hawley Retainer, The Essix Retainer, and The Fixed retainer.

Wear Instructions for Hawley & Essix Retainers:

- For the first **6 months** you will be wearing your retainers **22 hours a day** except when eating and brushing
- After 6 months you will have to wear your retainers at night time for **LIFE**
- It will take a few days to get used to speaking with your retainers. Practice speaking & reading out loud to get used to them.
- After EVERY meal you MUST brush before wearing your retainers
 - Use your toothbrush and gently brush the retainers under warm water to remove plaque and eliminate odours
- Use a straw when drinking any drinks containing sugar (For example coffee, pop, or juice)
- Brush or rinse with mouthwash after drinking any drinks containing sugar
- Remove retainers when playing any sports
- Insert your retainers and remove them as instructed by our office. Never wrap your retainer in a napkin or tissue. Always keep it in the case provided.
- Keep retainers away from hot water, washing machines, dryers, or anything involving heat
- Keep your retainers away from pets.
- Always bring your retainers with you to your appointments!

Instructions for Fixed Retainers:

- Keep your teeth and fixed retainer clean at all times. This will require brushing & flossing your teeth and FIXED retainer at least 2 times a day.
- DO NOT bite heavily into crunch foods (e.g. carrots, apples, cereal bars or hard biscuits) Cut these types of food into small pieces and chew with the side teeth.
- If you have a breakage of your REMOVABLE retainer, please contact the office immediately to organize a replacement.

Lost or Broken Retainers:

- Please contact our office **as soon as possible** if you have lost or broken your retainer
- *Replacements are subject to lab fees*
- If you have any questions or concerns about your retainers, or your retainers need adjusting, please contact us. Do not try to adjust them yourself.

Emergency:

- For all orthodontic emergencies, we encourage you to use our “Online Check-in” system. This can be located on our website - <https://www.auraortho.com/online-check-in/>