



We help children and families
be their healthiest

Your retainer

Congratulations-your braces are off! Having braces can be tough, but worth it. Now it's important that your teeth stay in the right place. Your new retainer (appliance) will help make sure your teeth stay put. It is expensive to replace, so do your best to take care of it.

When should I wear my retainer?

It's best to wear your retainer all the time, **except** when you're:

- Brushing your teeth and gums
- Cleaning your retainer
- Playing sports
- Eating



Don't play with your retainer or pop it in and out of your mouth with your tongue. Keep your retainer in the box we've given you when you're not wearing it. This prevents it from getting broken or lost. And keep it away from pets-they love the smell of saliva and acrylic.

Some of my teeth hurt when I'm wearing my retainer-is this OK?

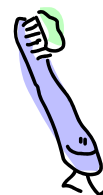
Yes. It's common to have soreness in some teeth during the first few days of wearing a retainer.

Call us for an emergency appointment if:

- The pain lasts more than 3 days
- Your gums, cheeks, lips or tongue are irritated for more than 3 days
- Any part of retainer is bent, cracked or broken (don't try to fix this yourself!)

I'm not speaking the same with my retainer-will this get better?

Yes. Speaking with the retainer in place will get easier, and you'll sound like your 'old self' soon.



How do I clean my retainer?

Use toothpaste or Polident® to clean your retainer, whenever you brush your teeth. Never place your retainer in boiling water. To clean your retainer:

- Take it out of your mouth
- Hold it in the palm of your hand, at the bottom of the sink (so you don't drop it in the sink and break it)
- Scrub gently. You can use a small hand brush or your toothbrush.
- Brush your teeth and gums and put your retainer back in place.

What if my retainer doesn't fit properly or breaks?

Call us and we'll make an appointment to see you as soon as we can.

Numbers to know

CHEO Dental Clinic
613-737-7600 Ext. 2358

