
The do's and don'ts of retainer care

DO

- Wear every night
- Take them out to eat, drink, brush or play sports using both hands, NOT one hand
- Keep them clean (brush your retainer when you brush your teeth)

Clear Essix: non-scratch cotton
Hawley: toothbrush

- Call right away if you break or lose them
- Keep them beyond reach of pets and young children

DON'T

- Forget to wear them
- Wrap them in tissue or place them in your pocket
- Put them in hot water or soak them in mouthwash
- Try to adjust them
- Flip them in/out with your tongue



Your teeth will move if you don't wear your retainers!

Like contact lenses, eye glasses and other personal items, retainers can wear out over time. Replacing a worn out retainer is a wise investment in protecting your smile and the long-term stability of your teeth.

There is a charge for lost or broken retainers, so please be careful!

Understanding your braces

Now that you've got your braces on, getting to know exactly what's in your mouth will be helpful throughout treatment. Let's take a look at what will be (and can be) put on your braces in your time with us! It will also be easier for you to explain anything that may be bothering you!

Archwire – The engine that moves your teeth. This metal wire fits into your bands and brackets and guides your teeth to their new and straighter positions.

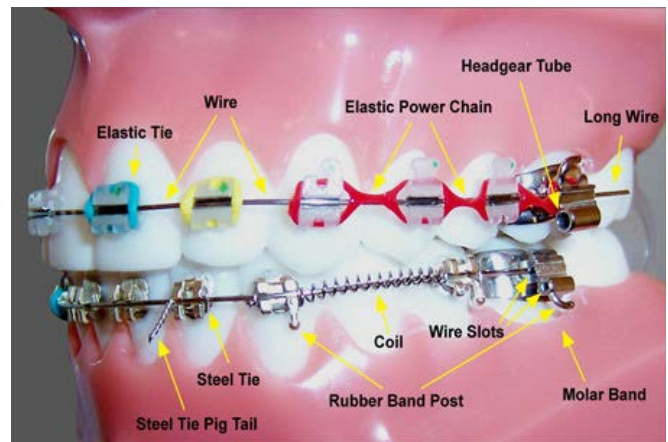
Band – A metal ring to which brackets or other orthodontic attachments can be connected to. Compared to brackets, bands are better able to withstand the forces of chewing so they are typically used on the back teeth.

Bracket – A metal, ceramic or plastic piece that is bonded to a tooth. The bracket contains a slot which the archwire fits into.

Coil Spring – A spiral piece that fits over the archwire in-between two teeth. A coil spring opens space between the two teeth it pushes against.

Hook – An attachment for elastics. Hooks can be found connected to brackets and bands or attached to archwires.

Power Chain – An elastic chain used to close spaces or keep spaces from opening.



Tube – A hollow attachment that the archwire passes through.

Steel Tie – A thin wire used to secure the archwire to the bracket. The “Pig Tail” from these ties are normally tucked under your wire.

Elastic Tie – A small, rubber ligature that is used to secure the archwire to the bracket.

Long Wire – Sometimes, excess wire may start to come out of the back of your band. You can always come in to get these wire pokes clipped!