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ACTIVE ORTHO APPLIANCE (RETAINER) INSTRUCTIONS

Purpose:

To move teeth into the best possible position without placing brackets. Usually requires full time wear and periodic adjustments.

Cleaning:

Soak with denture cleanser and brush well daily. Make sure to keep your natural teeth scrupulously clean as well, before putting the appliance into your mouth.

Eating:

Some ortho appliances cannot be used during eating at all.

If it is recommended to eat with the appliance: Eating hard foods on the ortho appliance can cause breakage. Therefore eat only soft foods. The weakest areas are the wire clasps. Great care must be used to avoid breaking the plastic also. It is delicate, and designed mostly for stabilizing the active wires.

Risks:

Inadequate cleaning can cause excessive cavities and swollen red gums where the appliance contacts teeth or gums.

Avoid using excessive force when removing or placing the appliance. It is possible to bend or damage it by being too forceful.

Storage:

The appliance can be stored in water with a teaspoon of baking soda or denture cleanser. A dry appliance can be placed in a dry container for longer storage times.



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