

Deband Information

Look after your confident smile! 😊



Congratulations! You have now completed your active orthodontic treatment. You can now show your smile with confidence! Pay attention to your retention treatment to ensure this hard-earned result stays with you. Please read the following information carefully and learn how to look after your smile.

Retention: Your teeth will move without retainers!

After removing your braces, Dr. Gareth Ho will issue retainers to you to hold your teeth in their new position. Maintenance is a vital part of orthodontic treatment. **Retainers must be worn** and cared for according to Dr. Ho's instructions. **Otherwise, your teeth will move.** It would be a shame to undo your perfect smile! The changes are partly due to the orthodontic treatment you have, and partly due to normal growth. We will check your retainers **on a regular basis for 12-24 months** and you should attend these appointments.

You MUST bring your retainers to your appointments. It is your responsibility to look after your retainers and your teeth. Dr. Ho will help you if you have any problems. **After the period of complimentary checkup**, you should visit your own dentist to look after your retainers. It is your choice to use the retainers regularly to prevent teeth movement.

Cleaning:

- **Brush your teeth regularly** with manual or electric toothbrushes with fluoride toothpaste. The use of floss is strongly recommended. We advise you to keep a healthy and consistent brushing habit to maintain a perfect and healthy smile.
- **Clean your retainers** according to Dr. Ho's instructions.
- You should also **visit your dentist regularly** for professional check-up and clean of your teeth.

Lost/Damaged retainers: Contact us ASAP!

- **Always put removable retainers in its case** when not wearing them to avoid misplacing them. **Never wrap them inside tissue paper**, as you or someone else will accidentally throw them away 😞
- If you feel your fixed / removable retainer is **damaged / loosened**, **contact us immediately** for Dr. Ho to review. He may be able to fix it on-the-spot. Otherwise, a new one needs to be made if beyond repair **(additional costs apply)**.
- If you lose your retainer, **contact us immediately** for a new one to be made **(additional costs apply)**.

Tooth Whitening:

Tooth whitening is not recommended within 1 month of removal of braces, as your teeth may still be sensitive. Give them some time to settle down. The tooth whitening procedure can be done by a general dentist. You should seek advice from your dentist for more information. Dr. Ho can also perform the tooth whitening procedure for you upon special request. Please inform Dr. Ho if you want to have teeth whitened before you deband, so Dr. Ho can make special arrangements for you.

