Maintaining Your Retainer

If you have **Removable Retainer** instructions for maintenance of teeth and retainer is as follows:

1. Give your teeth a good clean or at least a thorough rinse after eating and prior to placing the retainer back into your mouth.
2. Give your retainer a proper clean at least once a day. It might seem like the obvious choice but avoid cleaning the retainer with toothpaste as this may be too abrasive. Use a tiny bit of hand soap on a brush or soak your retainer in one part of white vinegar and one-part cold water.
3. **Do Not** use **hot water above 25 degrees or high temperatures** as this may warp the plastic materials. Eg. Do not place in the dishwasher or in boiling water to sterlise.
4. **Do Not** drink **hot** drinks with retainers in your mouth.eg. Tea/Coffee/Hot Chocolate.
5. **Do Not drink** any liquid with **taste, sugar or colouring as this may stain.**
6. If you would like you can soak the retainer in an anti-bacterial denture/mouthguard solution **weekly** can help maintain its freshness and kill bacteria.
7. If you use an ultrasonic cleanser, make sure that you use it **weekly** and not daily making sure to clean one retainer at a time. Be mindful if you are using a ultrasonic cleanser not designed for dental appliances this may damage your retainers.
8. If other options are not available, you can use mouthwash to clean your retainer as it is designed to combat plaque, bacteria, and other deposits in the mouth, but just be aware that this may make your retainer look cloudy in appearance.

If you have **Fixed Retainer** instructions for maintenance is as follows:

Which is a metal wire that's glued to the back of your top or bottom teeth (or both). This type of retainer is a little trickier to clean as you can't take it out to wash it, but rather should be cleaned like a braces wire. With thorough toothbrushing, interdental brushes and floss picks or floss threaders, you can place the latter two under the bonded wire retainer to ensure they stay clean and free of any food or plaque.

There are a few different brands on the market which can insist with flossing.