

REMOVABLE RETAINERS / SPLINTS FOR ADULTS

Congratulations! Today you received new retainers or splints. This is the first step to a perfect smile. To make your first weeks a bit easier, we have put together some basic information for you.

1. How long to wear them

We discussed with you how often and how long to wear your retainers/splints. The orthodontist may adjust this time as your individual treatment progresses.

As a general rule: There's no such thing as too long!

Whenever you put in or take out your retainers/splints, your teeth may be sensitive to the pressure and hurt slightly. These temporary pains occur because your teeth are starting to move. You should wear your retainers/splints as often as possible, especially at the start of treatment, so that you get used to them quickly. In the first days, it is not unusual to lose a retainer at night or to unconsciously remove a splint. Salivation production will quickly return to normal if you wear them regularly, and you will soon learn to speak normally even when they're in your mouth.

2. Hygiene

Please clean your retainers/splints daily with a toothbrush and toothpaste. Use a "cleaning bath" to remove persistent deposits and for disinfection, ideally once or twice per week. Special disinfection tablets are available for retainers, and disinfection and cleaning powder for splints. Place the retainers/splints in the "cleaning bath" for 1-2 hours and then brush them off with a toothbrush under running water.

The powder is available only from the practice; you can get the tablets from us or at your local pharmacy.

3. Storage

For daily storage, please hang the retainer/splint in a toothbrush tumbler to dry. This prevents the generation of unpleasant odors. The retainer case is only meant for transporting the apparatus.

4. Appointments

Patients with retainers or splints generally come into the practice every 3-8 weeks for a check-up. It is in your own interest to keep these appointments, or at least reschedule them in a timely manner. If you would like an appointment outside the regular check-ups, please schedule it by telephone.

You can contact us at any time with questions, suggestions, and even critique.

Your ADENTICS practice team