

Information About Removable Appliances

The Purpose of Removable Appliances

Removable appliances (often referred to as retainers) are used to apply pressure to teeth in order to change their position.

What to Expect

You may feel some tenderness at first, but this initial discomfort will ease within a few days. An over-the-counter pain reliever (eg. Ibuprofen or the medication you normally take for a headache) should help to relieve these symptoms. If significant and/or prolonged discomfort persists, please call our office.

You may notice a temporary increase in saliva during the initial period of adaptation, but this will decrease as you become comfortable with the appliance.

Some patients find it awkward to speak clearly during the first week. If you practice reading out loud for the first few days, the situation will improve greatly.

After adjustments, your appliance may feel like it is not fitting properly. This is because the new forces placed to move your teeth can also dislodge the appliance. As your teeth start to move, the appliance will feel like it fits normally again.

Removable Appliance Instructions

➡ You must wear your appliance _____ hours per day.

Caring for your Removable Appliance

Do

- Remove appliance for eating, brushing and contact sports (remember to wear your mouthguard!)
- Keep appliance in a case when not in mouth
- Brush and rinse appliance after meals or snacks
- Call our office if appliance doesn't fit, causes pain, breaks or is lost
- Keep appliance away from pets

Don't

- Wrap appliance in a napkin (it can be mistaken for garbage and thrown out)
- Put appliance in dishwasher, boiling water or on dashboard (it can distort if exposed to high temperatures)
- Place appliance in pocket or backpack (it can break, get damaged, or get lost)
- Swim in lake with appliance (it will sink if it falls out of your mouth)

➡ Please treat your appliance carefully; there will be fees if it has to be repaired or replaced.