



**FirstBite**  
**DENTAL**

309 Keilor Road, North Essendon, Victoria 3041

## **ORTHODONTIC RETAINERS**

1. - Do not eat with the retainers in your mouth.
  - Use a finger on each side of the retainer to remove (not doing this will break the retainers).
2. - Full time wear for the first six months followed by night wear only for another six months.
  - Then once or twice a week/fortnight for the rest of of your life (a new set of retainers will have to be made when the old ones break).
3. One set of retainers are inclusive of the orthodontic treatment. Each new retainer made due to breakage or wear costs \$130, therefore \$260 a set.
4. Whitening is for 14 days and remember to only use a little solution at a time.

### **Cleaning Your Retainers**

- Rinse under water regularly
- Soak in a mixture of vinegar and cold water for about two hours once a week to remove all stains OR you can buy steri dent from a chemist to clean your retainers using the same method as vinegar and water by soaking.

If you have any queries, please do not hesitate to contact the surgery.