

Don't Forget...



Just because you no longer have braces on doesn't mean you don't have to keep your teeth clean.

Oral hygiene is just as important with braces on as it is with braces off. Regular cleaning of your teeth and gums, along with dental check ups, will ensure your smile stays beautiful.

So remember...

Wear retainers as instructed by Dr Leedham

Call and make an appointment immediately if your retainers are lost or broken

Clean your retainers after wearing it to prevent it from becoming smelly

Bring your retainers to your recall appointments

Maintain good oral hygiene and have regular dental check ups

Your Child Needing a Dental Check-up?

Here at Darwin Dental Specialists, our Dental Therapist Belinda is qualified to provide dental treatment to persons under the age of eighteen.

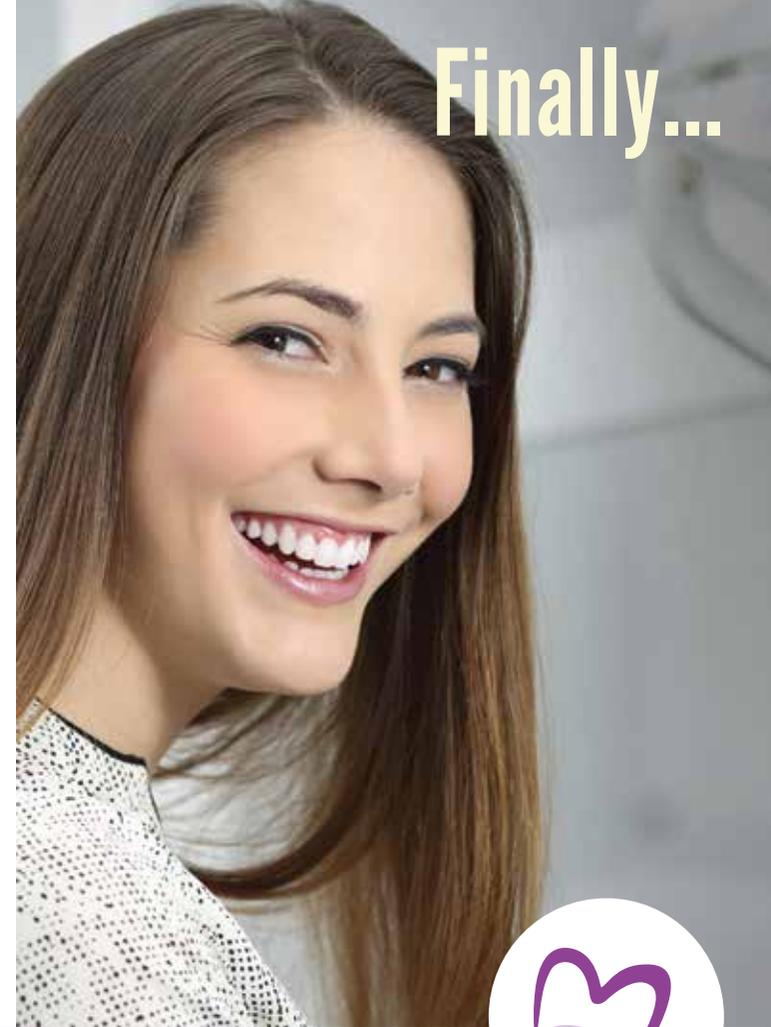
If you would like to make a consultation for your child to see Belinda, please do not hesitate to contact us

Don't forget to ask about a mouth guard!



Mark Leedham
ORTHODONTIST

Finally...



Your Braces Are Off

What You Need to Know

Darwin Dental Specialists

Tiwi Medical Centre

Rocklands Drive

PO Box 40746

Casuarina NT 0811

Phone: (08) 8945 4844

Email: reception@darwindentalspecialists.com.au

So Your Braces are Finally Off...

I bet your teeth are feeling pretty smooth and slimey at the moment. Now that your braces are finally off, it is important to keep your teeth in their new position.

After all, it would be a waste of your time if your teeth moved back to how they were in the beginning. That would mean braces all over again.

To keep them straight, a retainer is made which you are to wear as instructed by Dr Leedham.

Do I Have to Wear Retainers?

Yes! They are a vital part of your treatment. Unwanted movement can occur almost immediately after the removal of your braces.

So remember...

WEAR YOUR RETAINERS!



Types of Retainers

On most occasions, you will be given a set of retainers that are like a thin mouth guard. They are made from a clear flexible plastic and sit comfortably over your teeth.

Depending on the situation of your teeth, Dr Leedham may opt for a different type of retainer. Other types of retainers are "Hawleys" which is a plate with a single wire across the front, and bonded retainers that are fixed to the insides of the teeth.



Uh Ohhh... I Broke My Retainer

If you have any problem with the retainer appliances, or if they are lost or broken or damaged in any way, please come back immediately so that we can either repair or replace them for you. There will be a fee associated with lost or broken retainers in some cases.

Tips for Keeping Retainers

One of the most common ways people lose retainers is by placing them in a tissue and forgetting about them.

Dogs also find retainers a delicacy to chew so whenever the retainer is not in your mouth it should be in your retainer box. Retainers also need to be kept clean or you will find they will start to smell. Just brush your retainer using a tooth brush but no toothpaste.

From time to time you can soak your retainers in a disinfecting solution to rejuvenate them.

Never put them in hot water or leave them in the sun!

My Retainer is Tight

If you feel your retainer becoming tighter, it is probably a good idea to increase the number of nights that you are wearing your retainer, or even return to wearing your retainers every night. The fact that your retainers feel tight is a sign that your teeth are trying to move.

What Happens Next?

After you receive your retainers, you are put on a six monthly recall to see Dr Leedham. At this recall appointment, Dr Leedham will check your retainers and advise you whether to wear them more often or less. Eventually, Dr Leedham may suggest no longer wearing your retainers.