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## **ACTIVE RETAINER**

### **Why Do I Need An Active Retainer?**

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Because you are still growing, Dr O'Callaghan will use an Active Retainer to guide your natural growth, with continuous pressure used to improve the alignment of your teeth.

### **What Is An Active Retainer?**

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- A removable appliance, which stimulate the movement of particular teeth, or a tooth to the correct position.

### **How Do We Fit An Active Retainer?**

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- An impression of your upper or lower teeth will be taken so that the Active Retainer may be constructed.
- Once the Active Retainer has been constructed, it will be inserted into your mouth.

### **Getting Used to The Active Retainer**

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- Your brain will think that there is food in your mouth and excess saliva will be produced
- Initially, you will be slurping excessively, but this should subside within 2-3 days as you become more accustomed to your Active Retainer.
- Initially, your speech will be affected, as your tongue can no longer rest in its normal position. It is important for you to practice speaking aloud, speaking slowly and pronouncing each word carefully.
- After 2-3 days, you will become accustomed to your Active Retainer and you may even forget that it is in your mouth!
- The areas that are active may become tender, but with continuous wear this will improve in just a few days.

- Please call Dr O'Callaghan's Rooms for an appointment if the Active Retainer is digging in and a time will be made to adjust your Active Retainer.

## ● **How Often Should I Wear My Active Retainer?**

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Your Active Retainer must be worn 24 hours a day; you may only remove your Active Retainer:

- When you eat main meals or have hot drinks
- If you are playing contact sports or Swimming
- When you Brush and Floss

## **How Do I Care For My Active Retainer?**

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Keeping the Active Retainer in your mouth or in its case will avoid loss or breakage, which leads to extra expense

- It is important to remove your Active Retainer when you are brushing your teeth.
- It is very important for you to clean your Active Retainer extremely carefully. If food is not effectively removed from your appliance, it may cause dental decay and gum problems.
- Ensure you clean your retainers when you clean teeth. It is important that you use only your toothbrush, toothpaste and cold water to clean your Active Retainer. Placing your retainer in straight **white vinegar** can also remove any stains and smells. Place in **white vinegar** for approximately 15 mins then rinse with cold water and clean with your toothbrush.
- Never use hot water or chemicals to clean your Active Retainer. This will distort your appliance and a new appliance may be required.
- Avoid leaving your retainer where it may be accessible to pets as they find them quite tasty!
- Never place your retainer in tissues or in your pockets as they are easily lost or broken and they are very expensive to replace!
- Please ensure that you do not forget to brush and floss the rest of your teeth as usual
- It is important that you brush and floss your teeth after every meal, in the morning and before you go to bed at night!
- When your Active Retainer is not in your mouth, it must be kept in its case!
- Remember to bring your retainer to each orthodontic appointment.
- Please ensure that the plaster model that has been given to you following the insert of your Active Retainer is kept in a safe storage place, as if the Active Retainer is lost or broken, further retainers can be made from this plaster model.

## **What Should I Eat Now that I have My Active Retainer?**

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- The Active Retainer may affect your bite and it will take 2-3 days to become accustomed to your new biting pattern.
- Your Active Retainer is delicate and easily damaged. It is important to replace your appliance in the case provided, each time it is removed from your mouth.
- It is important that you remove the appliance before main meals, but you may have snacks while wearing your Active Retainer.

- Please do not forget to clean your teeth and replace your Active Retainer once you have finished eating.

- **Please avoid:**

**Hot Liquids** such as soup or hot drinks while you are wearing your Active Retainer

**Sweet Drinks** such as Coke, Diet Coke, Pepsi, Diet Pepsi and any sports drinks

**Chewing** such foods as chewing gum

### **What If My Appliance Becomes Lost Or Broken?**

- **It is important** to make an appointment with Dr O'Callaghan if your appliance becomes loose, tight, lost or broken.

**Please note, there will be a charge for any repair or replacement of your appliance so please make sure you take very good care of it at all times.**