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DENTAL HOSPITAL

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Instruction for Post-Orthodontic Treatment

Bangkok International Dental Hospital (BIDH)

Thailand's Specialized Dental Hospital

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Post-Orthodontic Treatment Instructions

BIDH DENTAL HOSPITAL

After orthodontic braces are removed, your teeth still require some time to adjust to new positions. Your teeth would need to adapt to new chewing force, biting on food and other forces which may cause teeth to move back to their original positions. Retainers must be worn in order to withhold teeth in new positions.

Wearing retainer is one of the most important steps in orthodontic treatment that requires your strict cooperation.

How long do I need to wear my retainers?

Generally, retainers must be worn continually after the braces are removed except when eating and brushing teeth.

The length of time requires for wearing retainers varies with each individual case. Follow your orthodontist's instructions on when to use your retainers.

How do I clean my retainers?

Use clean water in room temperature and tooth brush to softly clean retainers thoroughly. You are able to use denture cleaner tablets to clean retainers as well. Simply follow instructions on denture cleaner tablet package.

How do I store my retainers?

Retainers should be stored in a portable plastic container. It is not advisable to wrap retainers with tissue papers as it may cause damage to retainers and can easily be misplaced.

What if my retainers are lost or damaged?

Contact your Orthodontist to make an appointment for new retainers as soon as possible. Teeth are likely to move back to their original positions if retainers are not used for extended period of time.

> Patient's cooperation in wearing orthodontic devices whether at home, at work, at school or while sleeping is crucial. Following your orthodontist's instructions strictly helps in achieving the desired result within the timeframe as planned.