

Minor Changes In Retention

Occasionally throughout retention adverse changes to the alignment of the teeth may occur.

The most common reason for this is failure to wear retainers as instructed.

Other reasons may include incomplete seating of retainers which over a period of time allows small changes to be observed, prior to the retainer no longer fitting at all.

If these changes are minor it may be possible to realign the teeth affected by wearing your retainer **fulltime** and "reseating" it with the regular use of "Chewies".



Instructions for use:

- Insert both retainers seating them as far as you are able with your fingers.
- Place the chewie over the affected area, squeeze and hold it between the teeth for approximately 10 seconds. Release and rest briefly – repeat the exercise for 20 minutes, once per day.

You may experience sore or tender teeth over the next week or two as they realign. Light pain relief medication may be indicated if this is the case.



Remember: Poorly fitting retainers do not adequately maintain teeth alignment. If you have concerns regarding the fit of your retainers or the alignment of your teeth, please contact the surgery on PH: 9371 6088 for a review appointment with your Doctor.