

TRUTAINS

This appliance looks like a clear plastic sleeve, which is moulded to the shape of your teeth. This type of retainer is worn for **SIX MONTHS full time**. While in this initial phase the trutain is only removed for eating, cleaning and sport. After this period of wear is complete, you may reduce the wear to 12 out of 24 hours (ie 7pm to 7am, or night time only). During the day, when it is not in your mouth the trutain should be stored in a labelled container with fresh, cool tap water.

SPORT

Unless your breathing is impaired, you should be able to play most sports with your appliance in place.

- If you are playing contact sport you should exchange your appliance for a mouthguard, then swap it back immediately the sport concludes
- If you are swimming in an area where the appliance is at risk of being lost, remove it beforehand and then re-insert it immediately after you have exited the water.



CLEANING

- Remove your appliance morning and evening for cleaning
- Once appliance has been removed, brush your teeth as usual paying special attention to brush the roof of your mouth if your appliance covers here. This area can quickly become irritated if neglected.
- Brush all areas of your appliance with toothpaste and toothbrush to remove plaque and debris. (Always lean over a sink of water or a towel while doing this. Dropping your appliance on a bathroom tile or empty sink will damage it.)
- Soak your appliance with a Fittydent tablet (or a similar agent), which has been dissolved in cold tap water for a duration of approximately ½ an hour. This should be done once or twice a week.

GENERAL CARE

- **NEVER** pour hot water over your appliance, or leave it in the car, as this will distort or melt it.
- Should your appliance become damaged please present it, along with the models upon which it was manufactured to the surgery for a repair/replacement assessment.
- Always store your appliance in the container provided. **NEVER** wrap it in tissues, serviettes or gladwrap – it is the easiest way to inadvertently discard it.
- **NEVER** store it in your pocket, here it will be squashed or distorted.
- Small children and pets love to play with and often damage appliances, **NEVER** leave them within their reach.

THINGS TO REMEMBER

- Please bring your appliance to every visit. Even if you are instructed to wear it only at night we will need to assess the fit at every checkup.
- If you have any queries, please phone the surgery on: 9371 6088

