



Dr. Gordon Levin Inc.

Dr. Gord Levin

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Orthodontic Appliance Care

Care of removable appliances

Your removable appliance consists of an acrylic base plate with wire clasps for retention and gently activated springs and/or screws to move individual teeth. There is a



wide variation in the way springs are designed depending on the job we want them to do. Never try to adjust clasps or springs yourself – this is a difficult task to perform correctly.

- Wear your appliance all the time night and day to obtain maximum benefit (or as Dr. Levin prescribed). It works on the principle that a gentle pressure applied for a long period will be most effective.
- The retainer may feel uncomfortable at first and talking may be difficult, but this will pass shortly and your speech will quickly become normal again.
- Once your teeth have moved into better positions, Dr. Levin will ask you to wear the retainer at night time only. Keep your retainer in the container that was provided when it is not being worn.
- Remove your retainer to eat your meals. Place it in the container that was given to you. After each meal clean your teeth and retainer with your toothbrush and toothpaste.
- **Do Not** rinse your retainer under warm water, as it will warp.



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- To remove your retainer, pull with a fingernail on the back clasps, but **NEVER** on the springs or front wire, as these will bend and result in undesired tooth movement.
- **Do not** eat chewing gum or bubble gum, as these stick very badly to retainer.
- **Do not** wear retainer when swimming, as it may wash out and be lost.
- **Do not** remove your retainer unnecessarily, as it is easily mislaid. When you do take your retainer out put it in the container we provided to you.
- **Do not** put your retainer in your pocket or a Kleenex – you may break it when you sit down or it may get thrown away.
- If the retainer becomes uncomfortable or is broken make an appointment immediately.
- Always bring your retainer with you on each appointment.
- A fee will be charged to replace lost retainer. So take good care of it!
- Although you are receiving orthodontic treatment it is still necessary to keep regular dental checkups.

Thank you,
Dr. Levin
And Staff

