



## Sydney Orthodontists

### **Chatswood**

Suite 402,  
71 Archer Street  
Chatswood NSW 2067  
Tel: (02) 9415 1221  
email: [topbraces@yahoo.com](mailto:topbraces@yahoo.com)

### **Mosman**

Level 2,  
393 Military Road  
Mosman NSW 2088  
Fax: (02) 9969 1454  
web: [www.sydneybraces.com](http://www.sydneybraces.com)

---

**Dr James K.W. Choi**

***SPECIALIST ORTHODONTIST***

*BDS Hons (Syd), BScDent Hons (Syd), MDS (Orthodontics)(Syd), PhD (Syd)*

---

### **PHASE 2 RETAINERS**

1. After braces are removed, all patients must wear upper & lower retainers.
  - a. For the lower, this involves a permanent glued wire behind the lower front teeth.
  - b. For the upper, a plate retainer is used which is made of hard plastic. This has a metal wire on the front to hold the teeth in place.
  - c. Retainers worn full time for 6 months, then night time for two years, then approx 1 night per week, for as long as possible.
  
2. Option of Additional Clear Upper Retainer
  - a. If you need a more aesthetic retainer to wear during the day, we can provide a clear upper retainer. You still need to wear the plate retainer at home and night time.
  - b. Clear retainers hold individual teeth better – especially suitable for adults
  - c. Disadvantages of clear retainer: More fragile & does not last long term.
  - d. Additional cost of \$200 Child (Upper only)
  - e. Additional cost of \$300 Adult (Upper & Lower).

Please advise reception if you would like the additional option of a clear upper aesthetic retainer (additional cost).



Clear Retainer

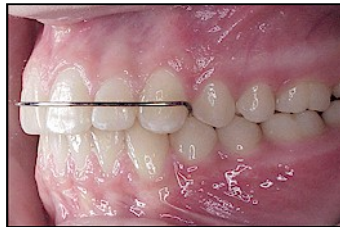


Plate retainer



Certified Member  
Australian Orthodontic Board

American Association of  
Orthodontists



Member  
American Association of Orthodontists



Member  
World Federation of Orthodontists



Member  
Australian Society of Orthodontics