

Caring For Your Retainers

You have finished the active part of your treatment and now it is time to make sure that the result we have achieved stays as it is.

- Wear your retainers day and night for the first 3 months after your braces are removed.
- You will then be instructed to wear your retainers for the next 9 months at night only.
- Thereafter, you should wear your retainers on alternate nights for as long as you want to keep your teeth straight.
- If you stop wearing your retainers, your teeth will move!

ONLY TAKE YOUR RETAINERS OUT FOR:

- Eating, drinking, cleaning your teeth or retainers
- Swimming or sport where you are wearing a mouth guard.
- When your retainers are out of your mouth they must be kept in a box. Never wrap them in a tissue or leave them lying about. Keep them out of reach of pets.
- The safest place for your retainers is in your mouth!

CLEANING RETAINERS:

- Use a toothbrush and liquid soap. Only use cold water. Do not use tooth paste.
- If you want to disinfect them, use Retainer Brite. This can be purchased in the practice and it is important to follow the instructions carefully.

SUPERVISION OF RETENTION:

- We will supervise your retainers for one year after treatment. During this time we will ask you to return periodically to check that you are wearing your retainers as instructed.
- Please bring your retainers with you for every appointment.

LOST RETAINERS:

- You must contact the practice immediately if you lose your retainers. Failure to do so, will result in your teeth moving. The health service will not pay to straighten your teeth again.
- Even though you may be under the age of 18, if you lose your retainers, you will have to pay for them. The only exception to this, is if your family receives benefits. Proof of this must be given to the Practice in advance.
- Retainers cost £40.00 each.