

Six Month Retainer Review

You have just finished wearing your retainers full-time. You will see the benefits of this, as your teeth should be as straight as they were on the day you had your braces removed.

HOW OFTEN DO I NEED TO WEAR RETAINERS NOW?

At this stage we recommend that you reduce your retainer wear to night time only. This means that you do not need to wear them during the day any longer, but you must wear them each and every night until instructed to do otherwise by your orthodontist. Do not take advice from family or friends as frequently they are mistaken about the amount of time you need to wear your retainers and your teeth will move if the advice is wrong! If in doubt contact the practice for advice.

WHAT HAPPENS IF I LOSE MY RETAINERS?

If you lose the retainers, break them, or have any difficulty wearing them please contact the practice immediately for advice. If you fail to contact the practice your teeth may move. The Health Service will not cover the cost of re-treatment. The Health service usually asks you to pay for replacement retainers even if you are under the age of 18. Therefore it is important to ensure that you do not lose them in the first place. When you are not wearing your retainers during the day, they should be stored in a box.

WHAT HAPPENS IF I THINK MY TEETH ARE NOT STAYING STRAIGHT?

If you wear your retainers every night your teeth should stay straight. If however, you are worried about this, go back to full time wear and contact your orthodontist for advice. In some cases, an extra retainer is used to prevent further tooth movement. This consists of a fine wire glued to the inside of your teeth.

If you feel that you may require a second set of retainers (spares) these can be provided but at a cost. Please enquire if you feel that you might need a second set.