

Final Retainer Review

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

WHY DO I NEED TO CONTINUE TO WEAR RETAINERS?

As you get older and your face matures, there are forces continually acting on your teeth that can encourage teeth to move and ruin the orthodontic correction. Tooth movement occurs for the rest of your life and will occur irrespective of wisdom teeth, previous orthodontic treatment or extractions. No one can predict in any individual case how much the teeth will move but we know that teeth will always move if retainers are not worn to stop this.

HOW OFTEN DO I NEED TO WEAR RETAINERS NOW?

You should now reduce the wear to every other night. Your retainers will feel tight initially but this will ease until the retainers no longer feel tight. The advice nowadays is to wear your retainers for as long as you want to keep your teeth straight. Once you stop wearing retainers, no matter how long it is since the end of your treatment, there is a risk of tooth movement.

WHAT IF MY RETAINERS FEEL TIGHT?

Any tightness is an indication that there is some tooth movement occurring and should be a warning to wear your retainers more than you are at present. Simply increase your wear until there is no tightness and then drop back to alternate nights. This should be done as long as you want straight teeth.

WHAT IF I CHOOSE TO STOP WEARING MY RETAINERS?

Once you stop wearing retainers, your teeth will move. No one can predict how much or how quickly the teeth will move. Do not take advice from family or friends as frequently they are mistaken about the amount of time you need to wear your retainers.

WHAT IF I LOSE MY RETAINERS OR THEY NEED REPLACED?

If you lose the retainers, break them, or have difficulty wearing them, please contact the practice immediately for advice. If you fail to contact the practice your teeth may move. 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.

Your treatment is now complete and we will inform your dentist.