

Retainers

Congratulations! You have completed your orthodontic treatment and are now ready to wear your retainers. These removable appliances help to keep your teeth straight and this leaflet will give you guidelines on the wear and care of them.

Your retainers may feel strange at first, create more saliva in your mouth and may affect your speech slightly. This will return to normal after a couple of days. If your teeth feel tender you can take normal painkillers to help with this.

Fitting Retainers

To fit your new retainers place them over your teeth and push gently from front to back until they click into place and feel secure.

To remove your retainers, place your finger and thumb at the back and pull gently, you may need to work your way from the back to the front until they become loose enough to pull off.

Wearing Retainers

- Full time for two weeks; then
- Night time only

These are guidelines, you should follow any instructions given to you by your orthodontist. If you find that the retainers feel tight then revert back to full time wear.

Appointments

We will continue to monitor your retainers up to 1 year after they are fitted. The appointments are booked every 3-4 months and will only take a few minutes.

Replacement Retainers

If you experience any problems with your retainers you must contact the practice as soon as you can. If you lose or break your retainers then we can replace them, we just need to see you to take new impressions. There is a charge for each replacement retainer, you will be informed of this charge when you book the impression appointment. It can take up to one week to organise replacement retainers.

Do's and Don't's!

- Don't leave your retainers unprotected, animals love to chew them and they can easily be thrown away
- Do keep them in a hard case when you are not wearing them
- Don't wash them in the dishwasher, with toothpaste or in hot water
- Do use sterilising tablets often and brush and rinse them each day with your toothbrush after you have brushed your teeth as normal
- Do remove your retainers to eat, drink, play sport and brush your teeth
- Do keep retainers in cold water when not wearing for long periods of time.

If you have any queries or concerns please contact our reception team and we will be happy to help.