



Instructions for retainers

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You have now completed your Orthodontic Treatment and will need to wear retainers to keep the teeth in the correct position.

This is an information leaflet to help you manage with your new orthodontic retainer.

- Please wear the retainer as instructed. THE TEETH WILL MOVE IF THE RETAINER IS NOT WORN AS REQUESTED.
- For 2 - 3 days you must wear the retainer in the daytime and nighttime. Take the retainer out for eating. Then wear the retainer EVERY evening and bedtime.
- It may take a few days to get used to the retainer. This is normal.
- When you are not wearing the retainer keep it in a safe place, like a retainer box, it is very easy to lose.

- Please keep the retainer and your teeth clean. Clean the retainer with toothpaste and brush or a product like Retainer Brite, DO NOT USE HOT WATER.
- IF THE RETAINER IS VERY BADLY BROKEN OR LOST YOU WILL BE CHARGED FOR ITS REPLACEMENT.
- If the retainer is uncomfortable, painful or damaged in any way please telephone for an early appointment. DO NOT wait until your next scheduled appointment. If you do not wear your retainer your teeth will move.
- Please continue to see your own dental surgeon for normal dental care.
- You should continue to wear the retainer's long term if you wish to keep the teeth in the corrected position.

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