

## RETAINERS ADVICE SHEET

### Why so important?

- A retainer is worn to hold your teeth in position while the gums and bone settle after tooth movement
- **If you do not wear your retainers your teeth will move out of line**
- Your orthodontist has asked you to wear your retainers:
  - In the first year after completing your treatment – **every night for 10-12 hours**
  - In the second year after completing your treatment – every other night for 10-12 hours
  - indefinitely – 2-3 nights a week for 10-12 hours

### Discomfort:

- It is normal for your retainer to feel tight in the first few days. If afterwards the retainer feels tight at any point it may indicate that you are not wearing it enough and your teeth are starting to move. In this case you must increase the hours of wear of your retainer to ensure your teeth remain in position.
- If the appliance is giving you severe prolonged discomfort, don't wait till your next routine appointment, get in touch to arrange a sooner visit - your retainer may just need a small adjustment

### Diet:

- Retainers must be removed for eating
- You can only drink water while wearing your retainers. Tea and coffee may stain your retainer and also may cause your retainer to distort due to the hot temperature.
- If you have a bonded retainer, avoid biting into hard, crunchy, chewy and sticky foods with your front teeth. Cut them up and use your back teeth to chew

### Cleaning:

- It is very important to clean your teeth well before wearing your retainers
- You should thoroughly brush your retainer **without using toothpaste** (as this will discolour the retainer) each time you clean your teeth. This should be done over a basin of water which will stop the appliance from breaking if you drop it. Once or twice a week you should soak your retainer in a cleaning solution, we recommend vitis effervescent tablets and brush it well afterwards. This will keep your appliance fresh and free from bacteria
- Never use hot water to clean your retainers and keep them away from other sources of heat
- If you have a bonded retainer you should ensure you clean well around the retainer with your toothbrush. 'Super Floss' should also be used to clean in between your teeth.

### Breakages:

- Do not repeatedly click the retainer in and out with your tongue as this will break or loosen it. Never use your teeth to press the retainer into place, always use your fingers as instructed
- Ensure your retainers are stored in a rigid container when they are not in your mouth to prevent breakages.
- A charge will be made for replacement of lost or broken appliances. **£60 for single replacement, £120 for replacement of both retainers.**
- If you have a bonded retainer that has come loose, do not panic, simply wear your clear plastic retainer over your bonded retainer. It will keep your teeth in position until your bonded retainer is repaired

### Dental-check ups:

- You need to carry on seeing your regular dentist for check-ups now your treatment is complete
- If you have a bonded retainer it is recommended that you see a hygienist every 3-6 months to remove visible tartar and keep your teeth and gums healthy
- If you have a further dental treatment that alters the teeth in any way, you will require a new removable retainer that fits.

**1. I am satisfied with the final position of my teeth**

**2. I will follow the instructions regarding the retainers and agree to follow the advice provided by my orthodontist**

**3. I understand that retention is a lifelong commitment and that my teeth will move unless I follow this advice carefully**

**4. I understand that i am only provided with one set of retainers free on the NHS and my next retainer will be charged privately**

**5. I understand I am only able to receive one course of NHS orthodontic treatment. If I choose not to follow the retention instructions and my teeth move i will have to pay privately if i wish to have further treatment.**

**Patient Name (print): .....signed: ..... Date:.....**