



LOOKING AFTER YOUR RETAINERS

You now have a great smile to be proud of. A lot of effort has been put into achieving this result by both of us. Now our part has finished.

Keeping Your Teeth Straight Is Up To You!

Retainers are provided to hold the teeth in position. Without the retainers the teeth will move back. Please wear as instructed; teeth cannot move if they are worn correctly. Your retainers need checking each time you come to see us so bring them with you!

1. Wear Retainers Every Night

If you want your teeth to remain as beautiful as they are today, you will need to continue to wear retainers for a minimum of 10 hours per day. When they are not being worn keep them in a retainer box.

2. Cleaning

Remove your retainers when cleaning your teeth. Clean your retainers with your toothbrush and cold water NEVER use hot or warm water as they will melt! The use of Retainer Brite once a week will keep retainers free of bacteria which cause bad breath.

3. Troubles

If you break a retainer, continue to wear it if you can and contact the surgery during working hours to arrange an emergency appointment. If retainers become uncomfortable please contact the surgery as soon as possible.

4. Dental Treatment

Still continue attending regular check-ups. If you don't wear your retainers properly your teeth will move