



RETAINER INFORMATION

You have now been discharged from our care so it's up to you to monitor your retainer wear. Make sure you contact the surgery if you have problems or need replacement retainers (please be aware there is a charge for replacement retainers).

If you do not wear your retainers as instructed your teeth will move back towards how they were before treatment. If you cannot wear your retainers please contact us as soon as possible.

How long do I have to wear them?

The best way to guarantee keeping your teeth straight is to continue wearing the retainers at night. This is because we now know that teeth move all through our life. Once retainers have been worn at night for a year you can reduce wear to alternate nights for a year following this retainers should be worn once or twice a week long term. If you decide to stop at any time you run the risk of the teeth slipping.

How do I keep them clean?

Clean your retainers with a toothbrush and water but do not use toothpaste on the retainer. Toothpaste will discolour the retainer. The retainers can be freshened up by using the special cleaner "Retainer Brite". This is available for sale at Boots.

Do not eat or drink with the retainer in.

You should never eat or drink when you are wearing the retainer.

Keep the Retainer Safe.

When you are not wearing the retainer keep it safely in a protective box of retainer case.

What do I do if the retainer rubs?

If the retainer rubs you can smooth it with an emery board used to file nails. If it doesn't work, then contact us.

I fully understand the retainer instructions and I am aware if I do not comply my teeth will move.