



If there is anything you need clarifying,
please do not hesitate to contact us on
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RETAINERS

WHAT ARE RETAINERS AND WHY ARE THEY NEEDED?

Retainers are removable and used to keep the teeth straight following your orthodontic treatment. If you do not keep up with wearing your retainers the teeth are likely to drift back towards their original position.

WHEN DO I WEAR MY RETAINERS?

For at least the first two weeks you will be advised to wear your retainers full time, all day and night. You will only take them out for eating and drinking, cleaning your teeth, sports and swimming. Thereafter, we recommend wearing your retainers every night to maintain the new position of your teeth.

HOW DO I CLEAN MY RETAINERS?

On a daily basis you should clean your retainers with a toothbrush and plain cold tap water, never use **hot water** as this will melt your retainers. You should always clean your retainers and your teeth when you remove/insert them. You can also use cleaning tablets 'Retainer Brite', these can be used on a weekly basis.

WHAT SHOULD I DO IF I LOSE OR BREAK MY RETAINER?

If you break or lose your retainer you should make an urgent appointment to see your orthodontist to have your retainer replaced. A charge will be made for new retainers.

APPOINTMENTS AFTER MY RETAINERS?

We will see you for follow up appointments for one year after treatment. Please bring your retainers to each appointment.