



## Patient Information Leaflet- Retainers

- Retainers are essential to keep your teeth straight. If you do not wear your retainers as instructed, your teeth will move back to their original positions and all the time and effort you have put in would be wasted.
- Wear your retainer as instructed by your orthodontist.
- Your speech may be affected initially but this will return to normal within a few days.
- You should remove your retainer when eating or drinking anything other than water. Ensure you rinse your mouth before putting it back in again.
- When you are not wearing it, your retainer should always be stored in a brace box. Never wrap it in a tissue as it may get thrown away.
- Remove your retainer whilst swimming and during head contact sports.
- Clean your retainer with liquid hand soap and cool water daily. Use the Retainer Brite cleaning tablets at least once a week to remove any plaque. Do not soak the retainers in warm or hot water and keep them away from other heat sources
- Keep them away from pets as they love to chew on them
- Keep your retainer check appointments. Checking your retainer is very important. Do not forget to bring your retainer with you to every appointment.
- If the retainer cracks, breaks, is lost or if there is any other reason you cannot wear your retainer, contact the Practice for an emergency appointment. This applies even after being discharged. There is a fee to have new retainers made.
- **Retainers must be worn for the rest of your life.** You will be advised on the frequency of wear by your orthodontist. Retainers will last several years if the above instructions are followed. You do not grow out of your retainers, but replacements become necessary through wear and tear or loss.
- Bonded fixed retainers are available on a private basis and may mean not having to wear the removable retainers. Contact the Practice if you would like more information.

**Care Pack (including Brace Box and Retainer Brite)- £13.50**

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