

RETAINERS

When treatment is over and your brace is removed you will need retainers. These prevent the teeth from moving while your teeth and gums settle.

Teeth tend to move most during the first 12 months after removing your brace.

Following this period teeth become firmer in their new positions however slight movement of your teeth is inevitable throughout life and can only be stopped by wearing retainers.

Advice on your retainers

- Your retainers have been specially designed to help maintain the improvements we have achieved together. The teeth will need support, and your co-operation in wearing your retainers as directed will be important.
- You will need to wear your retainer every night for the first 12 months. After this we still recommend you wear your retainers but perhaps less often say 2-3 times a week.

Caring for your retainers

- In the morning rinse your retainers with cold water and brush them with a soft toothbrush that has not been used with toothpaste
- Do not use hot water or place them near something hot as this will cause them to distort
- We advise you use Retainer Brite or something similar a couple of times a week to keep your retainers fresh. This can be bought at reception

Lost or broken retainers

- If your retainer becomes lost or broken then contact the practice as soon as possible so that we can see you to make new retainers. The longer it is left the greater the risk is that your teeth may move.
- There maybe a charge for the replacement of your retainer