


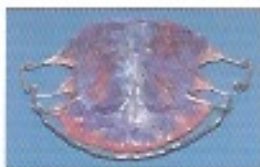



Important Information about your Retainer Appliances

-  You are probably feeling very pleased with yourself now that your braces have been removed. However, it would be a shame if all your hard work was lost and the teeth moved back!
-  Retainer appliances are designed to maintain the position of the teeth after they have been straightened, until the gum tissues around the teeth have become adapted to their new positions. This usually takes 6-12 months, but can be much longer for certain tooth movements, in particular when twisted lower incisor teeth have been straightened.
-  The upper teeth are usually retained with a removable appliance. We usually ask for this to be worn full time (i.e. day and night!) for the first 2-3 months, and for a further 10 months part time (usually 12/24 hours). The exact duration varies, however. If you have not worn a removable appliance before, you will notice that your speech sounds strange and your mouth will produce more saliva. Providing that you keep wearing the retainer, this will return to normal within a day or two.



-  The lower teeth may be retained with a removable appliance (usually worn 12 hours a day), but can also be retained with a wire bonded to the back of the lower front teeth. Provided you have no difficulty keeping it clean, this is usually kept in

place indefinitely, and I will check it regularly in the first year. We will then write to your dentist to ask them to check it when you have your check-up.

If the removable retainer is lost, damaged, or cannot be worn and if the fixed retainer comes loose from any of the teeth or falls off completely please let us know.



It is still important to keep your teeth really clean during your retention stage, especially around the lower fixed retainer. Keep your removable retainers clean with a tooth brush and toothpaste, morning and night. You can also give the retainers a deep clean once a month with "Retainerbrite" which can be purchased from reception.



The retainers have been fitted to prevent the teeth from going crooked again, so please wear them exactly as instructed. We cannot be responsible for any problems caused by incorrect or non-existent retainer wear and we would not be able to provide further treatment on the NHS. We would have to charge you for any lost retainers.



Also, if you have any other problems with the retainers, please contact us on:
Tel: 01246 550033/520354 or
Email: office@smilebydesign.biz.