

RETAINERS.

Keeping your teeth straight after fixed braces is your responsibility.

Retainers are designed to keep your teeth straight and maintain the result of your hard work.

If retainers are not worn as prescribed by your orthodontist, your teeth **WILL** drift towards their natural position. If they have moved too far and your retainers no longer fit, the only way to correct this is to wear a fixed brace again. **The NHS will not fund this.**

Wear your retainers **FULL TIME** until you are told to reduce wear by your orthodontist.

DOS

- Wear your retainer as instructed by your orthodontist
- Keep them in a box if they are not worn
- Remember to put them back in after eating, drinking or playing sports
- Attend "Retainer check" appointments and bring your retainers at each visit.

DON'TS

- Reduce retainer wear without consulting your orthodontist
- Eat or drink in retainers
- Bite your retainers to seat them rather than use your hands
- Clean them in hot water
- Wrap them in tissue
- Leave them near pets

Your speech may be slightly different until you get used to the retainers, you may also salivate or swallow more. This is normal and will pass.



Diet

Take your retainers out to eat and drink.

Avoid having too much sugary food and drinks.

Tooth brushing

Brush your teeth at least **2 x** daily for **2 minutes** with toothpaste (minimum 1450ppm fluoride) and use mouthwash regularly.

Retainer Care

Clean with a soft brush and soap (**not** toothpaste) using **COLD** water.

Soak in **VITIS** cleaner available to purchase at reception

Sports

Do not wear your retainers instead of a mouth guard.

Remove before **swimming!**

If you break or lose your retainers phone up as soon as possible to avoid any movement: 01246 550033.

The NHS only provides one set of retainers so there will be a charge. Please ask reception regarding the current NHS and Private charge.