

Removable Retainers



Now that you have a smile to be proud of we want to make sure it stays that way. Without retainers your teeth will start to move, so it's vital that you wear your retainers to keep your teeth straight.

Your removable retainers have been made to fit your mouth exactly. For the first six months you will need to wear your retainers **every night** (unless instructed to do otherwise by your orthodontist). Your orthodontist will then advise you on how often you will need to wear your retainers.

If your retainers start to feel uncomfortable this could be a sign that your teeth are starting to move. If this happens wear your retainers during the day and at night for 48 hours. This may be enough to gently squeeze your teeth back into their correct position.

If your retainer starts to rub try carefully smoothing it with an emery board. If this doesn't work please let us know.

When your retainers are not being worn, please keep them in their protective box. To keep your retainers clean

soak them in Retainer Brite once a week for 20 minutes. You can also clean them with a toothbrush and water. Don't use toothpaste to clean your retainers and don't put them in hot water as this may cause them to lose their shape.

Remember to bring your retainers to every appointment, so that we can make any adjustments if necessary. If you lose, break or cannot wear your retainers please let us know as soon as possible.

We should make you aware that there will be a charge to replace your retainers if you lose them.

For more information on how to keep your smile looking its best visit our website **totalorthodontics.co.uk**.

Name of patient: _____

Signature: _____

Name (if not patient): _____

Relationship to patient: _____