

# INSTRUCTIONS FOR RETAINERS

**Please bring retainer to every appointment**

## WHAT IS A RETAINER?

The most common type of retainer is removable plastic gum shields which are usually fitted on both top and bottom teeth. Sometimes if the teeth need to be held in their finished position for a long time a bonded retainer is placed. This is a wire which is cemented to the backs of the teeth and cannot be removed for cleaning.

## RETAINERS ARE AN IMPORTANT PART OF ORTHODONTICS, AS IMPORTANT AS YOUR BRACES.

After active Orthodontic treatment the retainers will hold your teeth in their finished positions until the bone and gums have adjusted to the new bite. If you do not wear as instructed, your teeth will move back as they were before treatment.

## YOUR REMOVABLE RETAINERS

Your REMOVABLE RETAINERS have been carefully made to fit your mouth exactly and to keep your teeth straight. They will feel uncomfortable and make speaking difficult for only a few days whilst you get used to them. Usually you must wear these retainers all the time for 3 months. Then night times only for at least a year which is the **high risk time, although we suggest you wear them at night time for 1-2 nights per week for life**. This will keep your teeth straight as you get older. **(Please note that if you do not wear your retainers after active treatment your teeth will relapse!)**

**WE WILL GIVE YOU 2 APPOINTMENTS TO CHECK YOUR RETAINER. IT IS IMPERATIVE TO ATTEND THESE ESPECIALLY YOUR LAST APPOINTMENT.**

**IF YOU DO NOT ATTEND YOUR APPOINTMENT YOU WILL NOT BE GIVEN ANOTHER APPOINTMENT.**

To keep your retainers safe and in good condition, please purchase

- A** Box – for placing appliance in if it is removed from mouth at any point because invariably people lose it otherwise.
- B** Retainer Brite – for cleaning the brace.

## CARE

You should never eat or drink when wearing the retainer.

- 1** For the first 3 months you should only take retainers out for cleaning and during eating and/or drinking.
- 2** Do not place them in boiling water as this will distort them.
- 3** Please clean them with water and washing up liquid or a Retainer Cleaner (Retainer Brite)  
Do not use toothpaste as retainer will discolour.
- 4** Any problems please phone us immediately at the practice you attend – the phone numbers are below.
- 5** Lost or broken appliances will have to be paid for in full. There is a small charge that may be refunded in part or full depending on the Scottish Dental Health Board's decision.
- 6** EACH RETAINER COSTS APPROX. £50.

## CHARGES FOR MISSED APPOINTMENTS

Patients who fail to attend appointments will be charged. See reception staff for fee. Please give 24hrs notice if cancelling an appointment. Thank you for your co-operation.

## IMPORTANT

Please make sure you attend your own dentist for regular 6 monthly check ups during the treatment.

If you have any questions or concerns regarding treatment, please ask to speak to the Orthodontist.

Please see patient information leaflets on the BOS website for additional downloading information