

BONDED AND REMOVABLE RETAINERS

When braces are removed, the teeth can quickly move back into crooked positions (relapse). Also, as you get older, your jaws continue to grow and the teeth become more crooked as part of the normal ageing process. Nothing in the human body is stable and changes occur constantly. The teeth need to be held in their new straight position while the gums and jaw bone 'firm up'. This is achieved by using retainers.

It is now **your responsibility** to wear your retainers as directed to prevent your teeth from moving back to their original position. If you do not wear your retainers your teeth are likely to move again.

Wear your removable retainers for as long as you want your teeth to stay straight!

- Wear your removable retainers every night long term (usually indefinitely).
- Take your retainers out for cleaning your teeth and keep them safely in a rigid retainer box.
- Clean your retainers thoroughly each day with a soft toothbrush and toothpaste or clear soap. You may use a retainer cleaner (e.g. Retainer Brite) for an extra clean if you wish. Do not use boiling water or bleach.
- You may experience some speech difficulties and more saliva in the mouth for the first 4-5 days of wearing your retainers, but this will disappear.
- If the retainer rubs on the gum, you can adjust the edges by trimming with nail clippers or small scissors. Sharp or rough edges can be smoothed with a nail file/ emery board.
- The NHS will refuse a second course of treatment if your teeth move.
- If you have any dental treatment carried out e.g. new fillings/ crowns and you find that your retainer no longer fits, please contact us for an appointment. Likewise, **if you lose or break the retainer please contact us immediately.**

What is a bonded retainer?

- A bonded retainer is fine wire 'glued' to the back of your front teeth.

How long will it be on my teeth?

- It is usually intended that this wire will be left indefinitely on your teeth to keep them straight. This means that as long as the wire is on your teeth, your teeth should stay straight. As soon as it is removed, the teeth will move.

How do I clean my bonded retainer?

- Brush your teeth as normal. In addition, you should use 'Superfloss' every day or very small interdental brushes. A waterflosser can also be used. You must attend your own dentist regularly for routine check ups.

Will it become loose and what should I do?

- It may become loose from time to time as the 'glue' it is stuck on with can wear away. You usually become aware that the wire is loose, because the wire will feel rough against your tongue.
- Occasionally you may not feel any roughness with your tongue, but only notice some movement of your teeth.
- Please contact us immediately if this occurs.
- You should wear the removable retainer day and night as this will stop your teeth moving until you are seen.
- **There is a charge for repair/replacement of the bonded retainer.**

What are the risks associated with bonded retainers?

- If you fail to contact us when the retainer becomes loose, notice your teeth are moving or fail to wear your removable retainer, your teeth will no longer be straight.
- If you do not brush your teeth correctly and look after your gums, you may be at risk of gum disease. You must visit your dentist regularly and have your gum health checked and some scaling (cleaning) carried out as necessary.
- If you take frequent sugary foods and drinks, you may be at risk of tooth decay and could get holes in your front teeth around the retainer.

If you lose your retainer there will be a charge for EACH appliance lost, if you lose both retainers it will cost double to replace them.

If you have any problems with your retainers, please do not hesitate to contact us as soon as possible.