

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

- Wear your removable retainers for 4 months, full time and then every night long term (usually indefinitely).
- Take your retainers out for eating, drinking, cleaning your teeth, contact sports and swimming- when out of your mouth it should be kept 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.**

Within the first year after treatment has finished, replacement retainers are charged at £80.70 each or £161.40 for a full set, in line with NHS regulations. After this, additional charges will apply.