

Important information about wearing retainers after orthodontic treatment

Dear Patient/parent/guardian

Completed orthodontic treatment does not guarantee perfectly straight teeth for the rest of your life. Teeth have a tendency to change their positions after treatment (relapse). Faithful wearing of retainers as instructed should help reduce this tendency. Changes over time can occur due to natural causes despite retainer wear, including growth and maturation that continues throughout life. Some minor irregularities, particularly in the lower front teeth may have to be accepted.

- Please wear your retainers as follows:
 - Full time for 1 week (except eating/drinking)
 - Every night for 12 months
 - 2-3 nights per week indefinitely
- We will arrange a virtual / telephone consultation for you 3 months after the retainers are fitted,.
- A further clinical review and sign off will be arranged 9 months later, but please make a note of the approximate timing for this and contact us if you feel correspondence may have been lost.
- **We guarantee your retainers for 12 months for any defects**
- **Any repairs or replacements after this period will be chargeable, or within the first 12 month if they are not cared for reasonably or not worn as instructed.**
- The retainer should not dig in or make your mouth sore. If you do have any problems, contact the surgery immediately.
- If the retainer breaks or if you lose it, contact the surgery. Teeth can move very quickly and so it is important to contact the surgery within 1-2 days. There is a charge for lost retainers.
- If you or your child feels the teeth are moving, please contact the practice.
- Retainers should be worn long term to minimize the effects of orthodontic relapse and normal movement of the teeth through ageing.
- Do not use toothpaste to clean the retainer as this will affect the appearance. Clean with soap in cold water and a clean toothbrush. You may also use a sterilizing tablet once a week.
- DO NOT eat or drink (especially fizzy drinks) with the retainer in your mouth. This can lead to damage to the teeth by holding the food against them.
- Some patients may have 'fixed retainers' placed at the end of treatment. This is a wire cemented to the back of the front teeth. It is designed to help maintain the alignment of the front teeth and it does not replace the use of a removable retainer. It will be left in place indefinitely but will fail at some point, when it should be removed completely and replaced if necessary.

- **RETAINER WEAR MUST NOT BE STOPPED UNLESS DIRECTED TO DO SO BY THE ORTHODONTIST.**

Please scan the QR code to access the BOS leaflet on retainers

