

Removable Retainers

Patient Information Leaflet

Retainers support the teeth as they stabilize following removal of your fixed braces. You must contact the practice urgently within 2-3 days if for any reason you are **unable** to wear your retainers. Failure to wear your retainers as directed could lead to your teeth drifting back to their pre-treatment position.

For twelve months following removal of your braces, you will need to wear your retainers **every night** while sleeping i.e. during bedtime hours (minimum of 9 hours). After twelve months, your teeth and bite will be checked. We will advise you whether it is ok to reduce your hours wear at this stage. You will probably be advised to keep wearing your retainers on an increasingly part-time basis long term, ideally lifelong. Please be aware this may vary from patient to patient. IT IS IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS.

Keeping your retainer clean

It is very important that your teeth are thoroughly cleaned before putting in your retainers. The retainers must be cleaned with a clean firm toothbrush and **COLD WATER. DO NOT USE TOOTHPASTE.** IF YOU USE WARM OR HOT WATER THE RETAINERS WILL DISTORT AND IF YOU USE TOOTHPASTE THEY WILL BECOME BRITTLE AND DISCOLOURED. The retainers and retainer box should be sterilised once a week in a dilute solution of Miltons (or similar) using COLD WATER. 'Retainer Brite', which can help reduce the build-up of scale on your retainers. Can be used 2-3 times a week as well if desired and can be purchased from the practice at a cost of £6.00. if your retainers are not kept clean as advised bacteria can build up on them which can lead to mouth/throat infections.

Keeping your retainer safe

It is important that your retainer(s) are kept in a retainer case whenever you are not wearing them. They can get lost or broken very easily if not kept safely. Please be aware that if retainers are damaged or lost, a charge will be made for any replacements required. The cost of a replacement NHS retainer is approximately **£92 each** and privately the charge of **£110 each**.

Review appointments

PLEASE BRING YOUR RETAINERS TO EVERY APPOINTMENT

Your NHS/Private contract with this practice covers your retainer check appointment for a year after your braces are removed.

Your NHS/PRIVATE retention contract with this practice expires 12 months after finishing active treatment.

If you wish to continue visiting the practice for retainer check appointments or need any further treatment after this date, we are happy to see you but there is a charge of **£85** for a review appointment and if you need new/replacement retainer(s) the cost is **£110 each** per retainer.

IF YOU HAVE ANY CONCERNS REGARDING YOUR RETAINER(S) AT ANY TIME PLEASE TELEPHONE US AS SOON AS POSSIBLE FOR AN URGENT APPOINTMENT ON **01206 756210**.