

Congratulations on finishing your orthodontic treatment!

Now you have your lovely new smile it is important to keep them in that position by use of retainers and we will monitor this for you for another 12 months. Retainers are needed to maintain and stabilize the teeth following removal of your orthodontic appliance. Failure to wear the retainers as instructed by your orthodontist/orthodontic therapist can result in the teeth moving back to their original position.

At Colchester Orthodontic Centre we advise:

Wearing your retainers:

- You must wear your retainers every single night for 8-10 hours for the first 6 months. If you are not sleeping for that long then we advise you put your retainers in early evening after dinner to make up the extra hours through to the following morning.
- In 6 months time we will review how your retainers are fitting and check to ensure there has not been any sign of movement to the teeth or bite. If everything is stable we may then advise you to reduce the wear of retainers to every other night for a further 6 months. However, please be aware that this may vary from patient to patient so it is important that this should only be done if your orthodontist/orthodontic therapist has instructed you to do so.
- Failing to wear the retainers will result in the teeth moving back to their original position so it is important that they are worn.
- No matter how long you have been out of treatment for teeth will always want to move back to their original position therefore retainers are for life.

Cleaning your retainers:

It is important you clean your retainers every morning after wearing overnight. We recommend that you use the following to clean your retainers:

- Retainer Brite is a cleaning tablet we recommend you use every morning to clean your retainers with. Simply put one tablet in cold water with the retainers and leave them in a cup to sterilise and clean for 20 minutes. Please do not use hot water on your retainers as this can distort them. Retainer Brite can be purchased at reception for £6.00
- Toothbrush and cold water can also be used on the retainers if you wish to not use the retainer brite, this method should be done every morning.

Safety of your retainers:

It is very important that when your retainers are not worn that they are kept in the retainer case that we provide you. Retainers can easily be lost or broken if not kept safely. Pets love the smell of saliva therefore we recommend that you keep them well away from them. The NHS will only pay for one set of retainers therefore any retainers that are lost or damaged will incur a fee of £84.80 each and the private fee of £85 each.

Now you are in your retention phase of treatment we are going to continue seeing you for another year. Please attend your retainer check appointments and bring your retainers to every appointment.

Your NHS/PRIVATE retention contract with this practice expires on:

Once your year of retention is finished we can then discharge you. However, if you wish to continue visiting the practice, we can see you for a fee of £65 for review appointments. If you need a new/replacement retainer the cost is £85 per retainer.

If you have any other concerns regarding your retainers please contact us on **01206 756210** where we will be happy to discuss these with you.