

Orthodontic Removable Retainers

Information for patients

You have been provided with removable retainers following the completion of your orthodontic treatment. We will provide you with only one set of retainers when your brace is removed so it is very important that you look after them. To avoid accidental damage to them they should be kept in a rigid box when they are not in your mouth.

Wearing your retainer

It is important that you wear your retainer, as directed by your orthodontist, otherwise your teeth will move (relapse)

We recommend that you wear your retainer every night for the first year after your brace is removed.

After this time, you may be able to reduce the wear of your retainer a little. If you decide to do this it should be done gradually and only if the retainer doesn't feel tight or there is no sign of tooth movement. Long term we recommend the minimum you should wear your retainer is 1 – 2 nights per week but only if the retainer isn't tight and your teeth do not appear to move (relapse). Some people may have to wear their retainer every night long term, particularly if their teeth appear to move when the retainer is out, or it feels tight if they miss wearing it a night.

If you don't wear your retainer enough your teeth may become squint which will mean your retainer will no longer fit. If you forget to wear your retainer and it feels tight, you can wear it 24 hours per day until the tightness eases off.

We recommend that you consider wearing your retainer long term to minimise any tooth movement.

Caring for your retainer

Please clean your retainer using cold water and your toothbrush. **Please do not clean them in hot water.** It is safe to use mild soap or mouthwash. Toothpaste should be avoided as it can roughen the surface of the retainer, making it more difficult to keep clean. Do not brush your teeth or eat with them in.

What to do if you need a replacement retainer

If you develop problems with your retainer, it is important you contact the practice as soon as possible and request for an appointment to have them remade.

Please note, we charge for replacement retainer and the practice will be able to advise regarding the costs.

