

RETAINERS

Keeping your teeth straight after fixed braces is your responsibility.

Retainers are designed to keep your teeth straight and can either be removable or fixed to the teeth. Now that your teeth are straight, if you do not wear your retainer your teeth **WILL** drift towards their original positions. If this happens it is difficult if not impossible to correct.



Removable retainers



Fixed Retainers

How long will I have to wear the retainers?

Normally you will be asked to wear your retainer

Initially All the time for the first 3 months after your brace was removed.

After 3 months After 3 months the wear will normally be reduced to night-time wear.

Long term The night-time wear will be reduced over a period of around a year so that you are wearing your retainer one night a week just in bed.

YOU MUST WEAR YOUR RETAINER ONE NIGHT A WEEK FOR AS LONG AS YOU WANT TO KEEP YOUR TEETH STRAIGHT!!

How might the retainers affect me?

Your speech may be different until you get used to the retainers. You also may swallow a lot to get used to them. This is normal and will soon pass.

Can I eat normally?

Normally you should take your retainers out to eat. You should take care to avoid fizzy drinks and sugary foods.

What about tooth brushing?

Remove the retainers to brush your teeth. Use a fluoride toothpaste. Brush the retainer with a toothbrush under cold water.

What if the retainer breaks or is lost?

Phone up as soon as possible for an appointment. If you do not wear your retainer your teeth will move. You will be charged for a lost retainer.

What appointments will I need?

We will normally see you at 3-month intervals for the first year after removal of your brace.