

Retainers – Do's & Dont's

Now that your braces have been removed you have entered the final phase of orthodontic treatment called **Retention**. By wearing retainers we can keep the teeth in their new position. If the retainers are not worn as recommended, the teeth may move and re-treatment may be necessary.

Do wear your retainers for 12 hours per day or as instructed.

Do clean your retainers daily after wear with a toothbrush.

Do clean the retainers with "Retainer Brite" and cold water 1-2 times a week.

Do always keep the retainers in a box when they are not worn.

Do call us as soon as possible if you find your retainers to be loose, tight or painful. This may mean that your teeth have moved.

Do look after your retainers as they are very expensive to replace - £120.00 for the set.

Do remember to bring your retainers with you to your six-month check.

Don't put the retainers in hot or boiling water – they will distort.

Don't ever wrap your retainers in a tissue and leave them on the table or put them in your pocket. They will most likely be lost or thrown away.

Don't stop wearing your retainers after six months.

How long will I need to wear my retainers?

This depends on the severity of the original problem, but usually it is necessary to wear the retainers until some decision is made about your wisdom teeth. As a general rule, your teeth can move at any time, so long-term wear is recommended.

How often will I need to be reviewed?

You will not need to be seen as often now that the retainers are in place. Under the NHS, your orthodontist is responsible for a retention period of 12 months. If you paid privately for your treatment, a retention period of 12 months is included in your fee. After this time, you are likely to have to pay privately for continuing care, as well as for any replacement/repair of retainers.

Fixed Retainers

A small wire may be bonded behind your lower and/or upper teeth to hold them together. This retainer is an insurance against your front teeth re-crowding. You will be shown how to keep your fixed retainer clean with inter-dental brushes. **If your fixed retainer should break or come unattached, contact the practice as soon as possible so that it can be checked. Your teeth may move very quickly if there is a delay in contacting us.**

Orthodontics for Children and Adults

Robert Katz BDS, MSc Dent (Rand), M5 Orth (Ohio State University)
Trading as Robert Katz Orthodontics Ltd, Company Reg: 7191600
Reg Office: 2nd Floor, 201 Haverstock Hill, London NW3 4QG

Gaurav Madhok BDSc Melb, MSc Lond, MOrth RCSEng, MOrth RCSEdin

165 Hale Lane Edgware Middlesex HA8 9QN
Tel: 020 8906 8660 Fax: 020 8201 1124
info@kmortho.co.uk www.kmortho.co.uk