

# Retention Protocol for Removable Retainers

To prevent your teeth from relapsing, you have been fitted with removable retainers. These are a see-through night guard which is placed over the surface of the teeth.

## How often do I need to wear my removable retainers?

- For the first 6 months following brace removal, 12 continuous hours every night. If the retainers feel very tight during this period and there is a noticeable difference between the day and night time position of the teeth, you must contact the practice.
- From 6 months - 12 months, 8 continuous hours every night.
- 1 year – 2 years, every other night (8 hours a night).
- 2 years onwards, 2–3 times a week (8 hours a night).
- If the retainers are stopped at any time, there is a possibility the teeth will move out of alignment.
- You should not be embarrassed to return if you have not worn the retainers and the retainers do not fit – a new retainer will prevent any further movement.

## General Rules

- Retainers should be worn in the evening and while sleeping.
- You should not stop wearing your retainers after 6 months, as the teeth will move.
- If a gap develops between the teeth and the retainer, it is a sign that your retainer is not fitting you should contact the practice.
- Your removable retainer will last you 3 – 5 years, depending on how well you look after them. If you need a new retainer, please contact the practice. There may be a charge for a new retainer.

## 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