

# The Orthodontic Practice

*Smile with Confidence*



## INSTRUCTIONS FOR PATIENTS WEARING A RETAINER

### GETTING USED TO YOUR RETAINER

When active treatment is completed it is necessary to hold your teeth in position for a period of time with retainers. These can either be removable or fixed depending on the original problem.

Removable retainers are usually worn full time for the first 3-6 months except when eating and cleaning and then part-time for the next 6 months. After that, wear is gradually reduced, but this will depend on how your teeth originally looked. Some patients need long term wear. Initially when you wear your retainer it may affect your speech, but this will return to normal within a couple of days. You may also find yourself swallowing a lot to begin with. This is quite normal and will quickly pass.

When your retainer is not in your mouth it should be in a protective box. Take care when inserting and removing your retainer and do not click it in and out with your tongue as this can cause it to break.

### CLEANING

It is important to keep your teeth and retainer clean. Take your retainer out to eat and to clean your teeth. You should also gently brush your retainer with cold water (not tooth paste) taking care not to damage the wires.

If you have a fixed retainer then you will need to take extra care to keep it clean.

When wearing retainers avoid eating sugary things and sweets between meals. Also fizzy drinks including diet drinks or excessive amounts of fruit juice.

### PROBLEMS

If you have a problem with your retainers or they break, phone up for an appointment as soon as possible. Do not wait till your next appointment as your teeth may move whilst not wearing retainers. If your retainer can't be worn because it is being repaired, your teeth may not remain straight.

A charge will be made to replace a lost retainer.

### IF YOU MISS AN APPOINTMENT

If you are unable to keep an appointment contact the surgery immediately.

If you miss your appointment we will wait for you to contact us to reschedule.

### DENTAL TREATMENT

Go to your dentist for regular check-ups and routine treatment.