

## IMPORTANT INFORMATION ABOUT RETAINERS

### What are retainers and why do I need to wear them?

Retainers are of two types: removable retainers or fixed retainers that are glued to the back of the teeth. They are designed to keep the teeth straight and maintain your results after orthodontic treatment. They must be worn long-term because teeth move throughout life and if you wish to maintain a lovely smile, retainers are needed for life!



### How long do you need to wear your retainers for?

For as long as you want straight teeth! Retainers are essential to maintain the results and are a life-long commitment, since teeth move throughout life. In the first year they must be worn every single night. Thereafter, if you wish you may cut this down to 3-5 nights per week on a long-term basis.



### Can I eat/drink with them in?

No. You must always remove them before eating and brush your teeth before wearing them again. The only exception is plain still water, which you can drink with the retainers in.

### How do I brush/take care of them?

Gently remove your retainers from your mouth using fingers on both sides. Take care not to pull down only on one side as over time you will cause the retainer to break in the middle. After you have brushed your teeth, gently place the retainer in the palm of your hand to support it and begin brushing ALL surfaces of the retainer using a soft or medium brush with toothpaste for 10 seconds then flip it over and clean the other side for another 10 seconds. Once you have finished brushing both your retainers, rinse them under cold water and place them in their box (the correct way around) and allow them to drain.

Never use hot water on the retainers as you will melt, warp or loosen the plastic. Please be careful not to drop the retainers as this will cause tiny cracks which will eventually break the retainers. If you wish to soak your retainers in a solution once a month, you can use 'Retainer Brite' which can be purchased from Amazon.

### What do I do if I miss a night?

Make up the hours you missed, by wearing the retainers during daytime.

### What do I do if I lose or break my removable or fixed retainers?

Please call the practice immediately to schedule an appointment. Where possible, an appointment will be offered within a few days, but please note that this may be at any time during the day and you may therefore need to take time off work or school to attend. If you are living elsewhere/abroad, please contact your local dentist. It is essential to have a replacement retainer made within a few days of losing/breaking your old retainer, to prevent relapse and movement of your teeth. If you leave it any longer than a few days, chances are your teeth may move.

Please continue wearing your clear removable retainers until you are able to contact us and a member of the team is able to see you for an appointment. Even if your clear retainers are broken, you can still wear it as separate pieces. It is very important to ensure you continue wearing your retainers until you see us.

### What do I do if my teeth have moved?

If you have left your retainers out for too long, the teeth may relapse or move.

Please note that re-treatment is chargeable, so please ensure you wear your retainers as instructed and if you do require a replacement, then contact us immediately.

### What are the fees for replacing retainers?

£94 per jaw for removable retainers- total of £188 for a pair.

£94 per jaw for fixed retainers- total of £188 for a pair.

Please note that this is at a discounted rate exclusive to patients who have had orthodontic treatment at The Sandford. For everyone else, the cost per retainer is full price at £200 per jaw.