

Retainer Information

Patient name:

Retainers are designed to hold your teeth in their corrected positions after your braces have been removed.

- It is your responsibility to keep your teeth in their corrected positions. If the retainers are not worn, then your teeth will move.
- Retainers need to be worn on a long-term basis because changes can occur throughout your lifetime.
- If the retainers are lost or broken, then you will have to pay for new ones. These are typically £105 each.
- If you have not worn the retainers and your teeth have moved, further orthodontic treatment may be necessary.
- You will normally be asked to wear your retainers full time for the first six months, then every night until a year after your brace was removed. About that time you will probably be discharged with information as to how to wear the retainers. Once you are discharged the maintenance of the retainers is yours and your own dental practitioners responsibility.
- **You must bring your retainers with you when you come for your review appointments.**
- Please contact us immediately if you have any problems.

Instructions for Cleaning

Remove the retainers and scrub them inside and out with a brush and soapy water. Then rinse in cold water.

Do not use toothpaste as this will make the retainers change colour.

It is useful to clean your retainers regularly using Retainer Brite, which can be bought from any good chemist.

Failure to comply with any instructions will mean that we are no longer responsible for any further treatment.

Parent / Guardian

I (name in block capitals)
Have read and understood the above information

Signature Date

Patient

I (name in block capitals)
Have read and understood the above information

Signature Date

Clinician

Name (in block capital)

Signature Date