

# RETAINER INFORMATION SHEET



**PRESTON  
ORTHODONTICS**  
Teeth Straightening Specialists For Everyone

35 Ribblesdale Place, Preston PR1 3NA Tel: 01772 558929

## Patient Details:

Name:

DOB:

- ❖ Retainers are designed to hold your teeth in their corrected positions after the braces have been taken off.
- ❖ Wear your retainers **All the time for the first 4 weeks** and then after that wear them **every night for at least the first year**. After this you need to wear them for at least **2 nights in a week**. Ultimately retainers should be worn for as long as is possible to ensure there is no movement of your teeth following your orthodontic treatment which could be for years. You must follow the instructions you are given.
- ❖ **IT IS YOUR RESPONSIBILITY TO KEEP YOUR TEETH IN THEIR CORRECTED POSITIONS.** If the retainers are not worn then your teeth may move and will not be ideally aligned.
- ❖ Retainers need to be worn on a long-term basis because changes can occur throughout your lifetime.
- ❖ If the retainers are lost, you must replace them. **There will be a charge for new ones!**
- ❖ If the retainers are broken you must have them checked as they will not hold the teeth correctly. They may need to be replaced, depending on the circumstances you may have to pay for new ones
- ❖ If you have not worn the retainers as instructed and your teeth have moved it is unlikely that you will be offered more NHS braces to straighten them again.
- ❖ The retainers may eventually wear out over time. We will be happy to discuss replacement of them in the future after you have been discharged by your orthodontist, but this usually will incur a charge.
- ❖ Your retainers will be supervised for a year after treatment completion then you will be discharged. Further supervision beyond this time period will incur a fee.
- ❖ You should bring your retainers with you when you come for your review appointments.

## **Instructions for cleaning and wear:**

- ❖ Remove retainers for **EATING, CONTACT SPORTS, BRUSHING TEETH** and keep safe in storage case
- ❖ Clean them inside and out with a brush and water, then rinse in cold water. **DO NOT CLEAN RETAINERS WITH HOT WATER!**
- ❖ **DO NOT USE toothpaste** as this will make the retainers change colour
- ❖ It is useful to clean your retainer regularly using a cleansing agent which may be purchased from the chemist or your orthodontist - 'RETAINER BRITE'.

**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

Signature ..... Date .....

### **Patient**

I ..... (name in Block Capitals)  
Have read and understood the above

Signature ..... Date .....

**TOP COPY TO BE RETAINED IN THE PATIENT'S NOTES. CARBON COPY TO BE RETAINED BY THE PARENT/PATIENT**