

Removable retainers

What is a removable retainer?

- A removable retainer is a thin, clear, plastic mouthguard. Your orthodontist will give you this once your brace treatment is complete

Why do I have to wear a retainer?

- A retainer must be worn to ensure your teeth stay in their corrected position. If you do not wear your retainer your teeth will move back towards the position they were before you had your braces

How long do I have to wear my retainers for?

- Retainers should be worn as instructed by your orthodontist. It is recommended that you wear your retainer:
 - day and night for the first two weeks (apart from eating, drinking, contact sports and brushing your teeth),
 - then every night for the first year
 - then at nights for a minimum of two nights a week for as long as you want straight teeth

How do I clean my retainer?

- Retainers should be cleaned with cold water, soap and a soft toothbrush, always rinse well before placing in your mouth. If you use toothpaste on your retainer it will turn cloudy

What do I do if I lose or break my retainer?

- Please contact your orthodontist immediately, failure to replace a broken or lost retainer may result in movement of your teeth. There will be a charge for replacing your retainer. The NHS will supply your first set, after that it is up to you to care for and replace your retainers as necessary

How do I care for my retainer?

- When your retainer is not in your mouth please ensure it is kept in a hard box with a sealable lid. We advise the retainer is kept moist whilst stored. Excessive drying will cause your retainer to become brittle and break easily. Keep your retainer in a safe place away from small children and animals (especially dogs!)