

Removable Retainer Advice

Year One:

- You are advised to wear your retainer(s) for a period of **six weeks full time, after which you can drop to wearing them at night only (8-10 hours)**.
- You need to remove your retainer(s) for cleaning your teeth and for any contact sport for which a mouth guard is required.
- Ensure you clean your removable retainer(s) every day using cold water and your toothbrush (additionally a retainer cleaning product can be purchased from reception to keep your retainer(s) looking clean).
- Your speech will be slightly different for a few days; you will need to practise speaking with your removable retainer in place, so your speech returns to normal, usually within 1-2 days.
- You will be seen 12 months after having your retainer(s) fitted and then will be discharged; however, it is advisable that you continue to wear your retainer(s) long term following the steps below.
- Please watch our retainer guidance video found on our Facebook and website.

<u>Year Two:</u> Wear your retainer(s) every night.	<u>Year Three:</u> Wear your retainer(s) every other night.	<u>Year Four and Beyond:</u> Wear your retainer(s) 2 nights per week.
---	---	---

Fixed Retainer Advice

Fixed retainers are small wires that are glued onto the inner surfaces of your teeth. If your orthodontist has prescribed you this type of retainer(s), he/she will probably suggest it remains in place for 5 years. However, many patients choose to leave them in place forever. It is essential that you keep your fixed retainer clean.

You can use the following products to maintain a healthy smile:

- Te-Pe brushes; these are small interdental brushes that clean underneath the wires (between the wires and the gums).
- Air/Water flossers; this method removes plaque between teeth using air and water.
- Please continue to see your dentist or hygienist for regular hygiene visits to maintain good oral health. We would recommend that patients with fixed retainer(s) see a hygienist every 6 month.

If you experience any problems with your removable or fixed retainer(s), please call the practice for advice as soon as possible. Please be aware that charges may apply. All products we advise for your retainers can be purchased at reception

NHS patients: Our NHS contract allows us to look after you for 12 months only following the removal of your braces. If you need to return after you have been discharged, charges WILL apply. You will only receive one set of retainers so please look after them carefully. Please ask our reception team for more information.

Please note: If you grind your teeth at night (bruxism), you may be offered a different style of retainer. An additional retainer would be subject to an addition charge. Please ask your orthodontist for more information

Replacement fees: The current NHS replacement fee is £84.80 per one retainer. The Private replacement fee is £125 per one retainer.

This is for your reference. Please read carefully, you will be asked to sign a copy at your retainer fit appointment.

PLEASE WATCH RETAINER GUIDANCE VIDEO ON OUR FACEBOOK PAGE /WEBSITE.

Please scan the QR code to view the digital leaflet which provide further information and guidance on wearing retainers.

