

## Care Guide No.3 Caring For Your Retainers

**You have finished the active part of your treatment and it's time to make sure that the result we have achieved stays as it is.**

- If you are having a permanent retainer fitted wear your plastic retainer full time until the permanent retainer is placed. Once the permanent retainer is fitted wear the plastic retainer at night only.
- If you are not having a permanent retainer fitted then you should wear your retainers every night, without exception. Avoid taking advice from friends, family members, or the internet.
- If you stop wearing your retainers, your teeth will move!

### **Only Remove Retainers For**

- Eating, drinking, or cleaning your teeth
- Swimming or sport where you are wearing a mouth guard.
- When your retainers are out of your mouth they must be kept in a box. Never wrap them in a tissue or leave them lying about. Keep them out of reach of pets.
- The safest place for your retainers is in your mouth!

### **Cleaning Retainers**

- Use a toothbrush and liquid soap. Only use cold water. Do not use toothpaste.
- If you want to disinfect them, use Retainer Brite or Steradent. This can be purchased in any chemist or large store and it is important to follow the instructions carefully.

### **Supervision of Retention**

- We will supervise your retainers for one year after treatment. During this time we will ask you to return periodically to check that you are wearing your retainers as instructed.
- Please bring your retainers with you for every appointment.

### **Lost Retainers**

- You must contact the practice immediately if you lose your retainers. Failure to do so, will result in your teeth moving. The National Health Service will not pay to straighten your teeth again.
- Even though you may be under the age of 18, if you lose your retainers, you will have to pay for them. The only exception to this, is if your family receives benefits. Proof of this must be given to the Practice in advance.
- Retainers cost £50.00 each.