
Care Guide No.4 Final Retainer Review

This is your final appointment with Belmont Orthodontics and we hope that your experience with us has been a rewarding one. We wish you the very best in your future and whatever you do. Hopefully you are delighted with your teeth and we would all like to ensure that you remain happy. We would recommend that you continue to wear your retainers but on a reduced basis. You can continue to wear them every night if you wish, but our recommendation is to wear them three nights a week and slightly more if they still feel tight when you put them on. These nights should not be consecutive nights.

Why do I need to continue to wear retainers?

As you get older and your face matures, there are forces continually acting upon your teeth that can encourage them to move and upset the orthodontic correction. Tooth movement occurs for the rest of your life and will occur irrespective of wisdom teeth, previous orthodontic treatment or extractions. No one can predict in any individual case how much the teeth will move but we know that teeth will always move if retainers are not worn to stop this.

How often do I need to wear retainers now?

You should now reduce the wear to every other night. Your retainers will feel tight initially but this will ease until the retainers no longer feel tight. The advice nowadays is to wear your retainers for as long as you want to keep your teeth straight. Once you stop wearing retainers, no matter how long it is since the end of your treatment, there is a risk of tooth movement.

What if my retainers feel tight?

Any tightness is an indication that there is some tooth movement occurring and should be a warning to wear your retainers more than you are at present. Simply increase your wear until there is no tightness and then drop back to three nights. This should be done as long as you want straight teeth.

What if I choose to stop wearing my retainers?

Once you stop wearing retainers, your teeth will move. No one can predict how much or how quickly the teeth will move. Do not take advice from family or friends or from internet as frequently they are mistaken about the amount of time you need to wear your retainers.

What if I lose my retainers or they need replaced?

If you lose the retainers, break them, or have difficulty wearing them, please contact the practice immediately for advice. If you fail to contact the practice your teeth may move. Please enquire at reception if you feel that you may require a second set of retainers (spares). These can be provided and we will let you know what they cost at the time.

Your treatment is now finished but we will be happy to see you again at any stage if you believe that there has been movement or you need advice.