



## Retainer instructions

### Overview

Congratulations for finishing your orthodontic treatment. We hope you are pleased with the result and happy with your new smile and bite.

### What is a retainer?

A retainer is a passive orthodontic appliance that is designed to keep your teeth at their corrected positions. Without retainers, there is no real guarantee that your teeth will not start travelling back towards their original place. We advise ALL patients that have finished treatment to wear retainers.

### For how long will I need retainers for?

That's difficult to know. We advise all patients to wear their retainers, on a part-time basis, for as long as they value their straight teeth. You will be able to wear your retainers less over a long period of time, but you should not expect complete tooth straightness unless you wear your retainers to some extent.

### How much do I need to wear retainers?

As all patients are slightly different, we customise the advice we give to your particular needs. Broadly speaking, most patients will start off with wearing retainers day and night (full time) and after a period of 1-2 months will go into night-time wear only. You should wear your retainers all the time apart from playing sports, go swimming, brush your teeth and eating your meals. Leave the retainers in a secure container. Please note that your retainers are not safe enough to act as sports gumshields.

### How do I clean my retainers?

Use cool (never hot) water with a small headed toothbrush and a mild detergent such as liquid hand soap. Do not use toothpaste. You may want to use Retainer Brite occasionally to maintain a good sparkle! If you are in any doubt, please contact us.

### What happens if I lose or break my retainers?

Unfortunately, sometimes retainers can wear away from prolonged use or get lost or damaged. Retainers cannot be repaired and will need to be replaced. Please note that the replacement charge for a single retainer is £70.

### What happens at my next appointment?

We normally see patients for up to a year following the removal of braces to ensure you are coping ok with them. The Orthodontist will check your retainers, your bite and tooth straightness and give you some advice for the future.

### I have a bonded / fixed retainer

Please remember that you will need to contact us promptly if you feel that part of your retainer has come off to avoid any tooth movement. Please note that there will be a charge for long term maintenance of your retainer.

### Routine Dental Care

To ensure good dental health, it is important to visit your own dentist at regular intervals.

For more information on how to keep your smile looking great, please visit our website:

[www.ayrshireorthodontics.com](http://www.ayrshireorthodontics.com)

#### Ayrshire Orthodontics

98-100 Titchfield Street  
Kilmarnock  
Ayrshire KA1 1PH  
01563223113  
[info@ayrshireorthodontics.com](mailto:info@ayrshireorthodontics.com)

#### Ayrshire Orthodontics

56 Princes Street  
Ardrossan  
Ayrshire KA22 8DF  
01294593110  
[info@ayrshireorthodontics.com](mailto:info@ayrshireorthodontics.com)