

Removable Retainers

Patient Information

What are retainers?

Retainers look like a thin, clear gum shield, and are needed when your brace has been removed. They are specially designed to help 'retain' the improvements we have achieved together and to prevent your teeth from moving while they settle into their new positions.



Why is it important to wear retainers?



This is a **very** important phase of treatment, as without retainers your teeth could begin to move throughout growth and even in adulthood. Shortly after the braces are removed, the teeth can shift.

The teeth will need support, and your co-operation in wearing the retainers as directed will be essential to keep your teeth straight.

When/ how long will I wear them?

As a general rule, as a *minimum*, we recommend you wear your retainers every night while sleeping.

You will be advised in more detail specific to your needs in your retainer fit appointment.

The only way to *guarantee* to retain the result achieved and to prevent your teeth from ever moving is to wear your retainers for life.

How do I look after them?

- Store away from heat sources.
- If they are not in your mouth, you must keep them in the container provided. These clear retainers are easily lost.
- Always put the retainers in and take them out using your fingers. Push them on firmly to ensure they are seated over the teeth properly.
- Do not flick the retainers in and out of your mouth with your tongue or bite into place as this will cause them to break over time.



How do I clean them?

If you receive your retainers directly in the post please use the enclosed tablet prior to use.



In the morning rinse the retainers with cold water and clean them using a toothbrush without toothpaste. Always keep a toothbrush specifically for cleaning your retainers. We advise using Retainer Brite or denture cleaning tablets to keep your retainers fresh. Retainer Brite helps keep retainers fresh and clean, removes plaque and tartar, and kills bacteria. For sale at our Cambridge practice: £6.75 for 36 tablets - *purchase over the phone and receive by post (excluding p&p).*

Do not:

- Use hot water to rinse or place the retainers near anything hot as this will cause them to shrink or distort.
- Use toothpaste as this weakens the plastic and can make them crack

What do I do if I lose or break them?

Contact the practice as soon as possible for us to arrange to see you to make new retainers. The longer it is left, the greater the risk that your teeth may move.

Please be aware

Your first set of retainers are free, however there will be a charge to replace them unless there is a manufacturing issue.

After the year anniversary of your first set of retainers, all replacements will be chargeable.

Our Vacuum Formed Retainers conform to the relevant requirements of Annex 1 of the Medical Devices Directive (93/42/EEC) Keep away from Direct Heat.

Can I eat/ drink wearing retainers?

Only drink cold water when you are wearing your retainer – do not eat with them in. If you take them out to eat or drink, please ensure the teeth are perfectly clean before you put them back in as (*particularly sugary or acidic*) foods & drinks will leave residue in the retainer and may damage your teeth.

Will they affect my speech?

They may make a 's' sound a bit different to begin with. This will improve as you get used to wearing the retainers and become more comfortable with them in. You may also produce more saliva when you first begin wearing them.

How often will I need to be reviewed?

You will not need to be seen as often now that the retainers are in place. We keep patients under review for 1 year; seeing you at 6 month intervals. However, if you have any problems or questions about the retainers, then please do not hesitate to contact us sooner.

Please bring your retainer with you to each visit

Do I need to see my general dentist?

Yes. Please continue to visit your general dentist regularly throughout any treatment you receive under our care.

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