

Retention

Removable retainers?

Removable retainers look like a thin, clear gum shield, and are required when treatment has finished. They are specially designed to help 'retain' the improvements that we have achieved together and will prevent teeth from moving while they settle into their desired positions.



Fixed/ bonded retainers?

A fixed retainer is also known as a bonded retainer. It is a thin metal wire glued to behind the front 4 or 6 teeth. In some cases upper and lower bonded retainers will be provided if the bite allows, otherwise just a lower will be placed at the end of treatment. A removable retainer will also always be provided to wear nightly alongside your bonded retainer.



Why is it important to wear retainers?

This is a very important phase of treatment, as without retainers your teeth could begin to move. 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 minimum general rule - we recommend wearing retainers every night for the first 1-2 years post treatment. We ask you to return at 6 months & 12 months post treatment. At these appointments we will advise in more detail how to decrease retainer wear to part-time. The only way to keep your teeth as they are at the end of treatment is to continue wearing your retainers for life - British Orthodontic Society advise. If your retainers begin to feel tight at any point, you need to wear them more often as this is an indication of the teeth trying to move. Please note long term retention is your responsibility after the first year of completion of treatment.

What do I do if I lose or break them?

Whether it's your removable or bonded retainer, contact us as soon as possible and we will book an appointment to see you to make new retainers. The longer you are without your retainers the more chance there is of your teeth moving.

Please be aware:

The first set of retainers is included in the price of treatment, and a replacement set within the first year will be free of charge if there is a manufacturing issue. However after the first year the responsibility for retainers is yours; both in your continued commitment to wearing them and to the cost of replacement of either the vacuum formed retainers or the bonded retainers.

drfrancisbraces✓

Dr Francis Scriven BDS MSc MOrth MFDS



[/drfrancisbraces](#)

Lammas Field Pavilion, Cambridge CB3 9PA

T: 01223 305526 E: admin@drfrancisbraces.co.uk

Private Line: 07527 017386 www.drfrancisbraces.co.uk

Huntingdon NHS Treatment Centre, Hinchingsbrooke Park,
Huntingdon, Cambridgeshire PE29 6NT

Dental Services, Princess of Wales Hospital,
Lynn Road, Ely, Cambridgeshire
CB6 1DN