

Looking after your retainer

Your retainer is a crucial part of your treatment and has been individually designed to prevent your teeth reverting to their original positions once your fixed brace has been removed.

It takes time for the bone and tissue around your teeth to reorganise and settle into their new positions, so for the first 12 months of retention after your brace is removed it is critical that you wear your retainer as instructed.

However, your teeth will always be subject to some degree of movement, particularly those at the front of the mouth which are under pressure from the tongue and lips. Therefore, the only way to guarantee that your teeth retain their ideal positions is to wear your retainer regularly at night for the rest of your life.

When to wear your retainer

Pink plastic retainer –

	Instructions
Months 1-6	Wear at all times (including when eating and drinking?)
Months 7-12	Wear every night – ideally for 12 hours at a time
Month 13 onwards	Wear for two to three nights per week

Clear plastic retainer –

	Instructions
Months 1-3	Wear at all times, except when eating, drinking hot or sugary drinks, and cleaning
Months 4-9	Wear every night – ideally for 12 hours at a time
Month 10 onwards	Wear for two to three nights per week

Looking after your retainer

Oral hygiene is always important, but you should pay particular attention to cleaning your teeth and mouth during the retention phase of your treatment as food and plaque can build up beneath the retainer and damage your teeth. Brush your teeth regularly with a fluoride toothpaste and rinse with a fluoride mouthwash.

Looking after your retainer is easy if you follow these steps:

- Clean your retainer regularly with a toothbrush and water. Toothpaste can discolour the plastic so avoid using it directly on your retainer. A good alternative is to use *Retainer Brite* tablets.
- Always store your retainer in its box when it is not being worn to avoid it being damaged or lost. There will be a charge for replacing your retainer if it is lost or for repairing it if damaged.
- Prevent damage by removing your retainer to play contact sports such as hockey, rugby or cricket, as well as swimming, when the suction created by the water can pull it out of your mouth.
- Contact us as soon as possible if your retainer breaks or you are unable to wear it as your teeth may move out of their new positions if the retainer is not worn as instructed.

And finally

We hope you are happy with your new smile and feel it has been worth the effort you have put into creating it.

If you are pleased with the results of your treatment and with the care and support you have received from our team, we would be delighted if you would recommend our services to your friends and family. For more information or to make an initial appointment, please ask them to contact Beatrice Luciola by emailing bluciola@deandental.com or calling the Regent Cosmetic Dental Practice on 01565 654555.