

Fitting your retainers

Unless otherwise instructed;

- Following the removal of your braces you should wear your retainers full-time for one week
- After one week you should reduce the wear to a minimum of 8-12 hours (in bed at night)
- If your retainers feel very tight when they are placed you can increase the number of hours they are worn

Things to remember

- You should still see your Orthodontist once your braces have been removed to monitor retention
- Remember to bring your retainers with you to these appointments so they can be checked
- Wearing retainers to maintain straight teeth is your responsibility
- If your retainers become lost or broken you will be charged for replacements
- If you get any problems with your retainers please let us know straight away!



Teeth in-Line
Orthodontics

127d High Street
NEWPORT PAGNELL
Buckinghamshire
MK16 8SE

t 01908 619060
f 0844 387 8261
e info@teethinline.co.uk

2 Duckworth Court
OLDBROOK
Milton Keynes
Buckinghamshire MK6 2RX

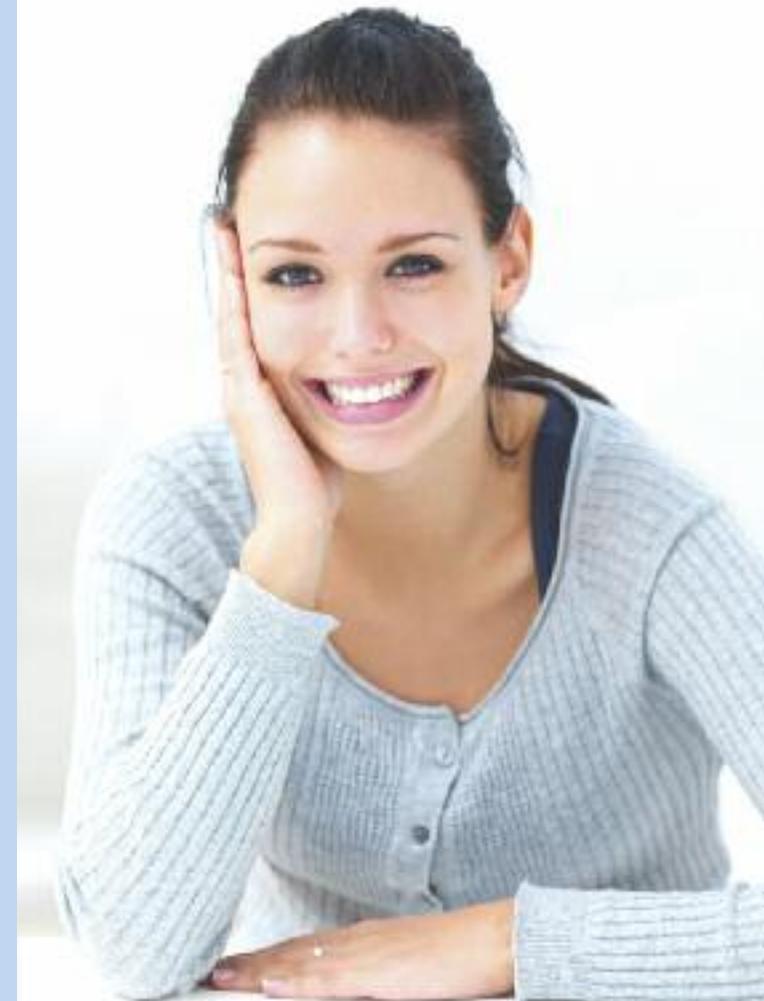
t 01908 399980
f 0844 387 8263
e mk@teethinline.co.uk

www.teethinline.co.uk



Teeth in-Line
Orthodontics

Retention



Retainers

Retention is a vital part of your treatment. You must keep your teeth in their new position with retainers.

If retainers are not worn as instructed, teeth can drift very quickly to their old position (this is called relapse). All your hard work and that of the Orthodontist will go to waste.

Retainers must be worn as instructed by your Orthodontist.

Naturally all teeth have a tendency to move during life, but wearing retainers will minimise this. You should never stop wearing your retainers; wear is reduced over time so that eventually minimal use is required (once or twice a week at night indefinitely).

The type of retainer you are provided with will depend on your original situation, and so the Orthodontist will decide which is best for you. Sometimes a combination is required for many years.

Removable Retainers

These retainers can be taken out. They are clear plastic shields that cover all of the teeth in the arch.



Retainers are expensive and delicate. In order to look after your retainers you must ensure they are kept clean and safe.

When you are not wearing your retainers always keep them in your box provided to prevent any accidental damage.

Retainers should be cleaned at least once a day by brushing with a toothbrush and rinsing under cold water, do not use toothpaste as this is too abrasive. A retainer disinfectant is available from reception and should be used occasionally.

Fixed Retainers

This type of retainer is fixed to the inside of your teeth and can stay in place for many years. Often referred to as a “bonded retainer”



Bonded retainers are much more difficult to keep clean. It is important when brushing that you ensure you brush the inside of your lower teeth as well as the wire.



Teeth-in-Line
Orthodontics