PARK LANE ORTHODONTICS

EMBRACING YOUR FUTURE SMILE

Care of Your Removable Retainer(s)

Today the orthodontist has fitted your removable retainers. These constitute a very important part of your treatment. If you do not wear your retainers exactly as instructed your teeth will start to drift back to their old position (this is called relapse) and all your hard work and that of the orthodontist will go to waste. Please read the following instructions carefully.

Retainers must initially be worn day and night, except for meals. They should be worn during sleeping and even while on holiday. They should only be removed to brush your teeth and the brace after meals and during contact sports or swimming. Do not think, as many patients do, that you can leave the retainers out for a week or two when you please and that everything will be all right when you put them back in. Not so! They may not fit, as the teeth may have moved.

When the retainers are out of your mouth they should be stored in a brace box, which can be obtained at the reception desk. It is very difficult to break or lose your retainers while they are in your mouth!

Please be careful with your retainers as you have to pay for lost appliances (minimum of £60 per retainer).

If you do break or lose your retainers you must telephone the surgery immediately on (0118) 9411628. It will take up to a week to mend or replace and the teeth may move in the meantime. The sooner we know that there is a problem the sooner we can sort it out. If you are in doubt, please contact the surgery; do not take chances with your retainers.

You may be asked to wear your retainers 24 hours a day for at least the first 3 months. If, at the next check, all is well then you may be advised to go down to wearing them at night only.

All teeth have a tendency to move during life. Wearing retainers will minimise this. If you had NHS treatment, the NHS allows for supervision of retention for one year only. It is your decision when to stop wearing your retainers after this year. The orthodontist will be happy to see you after this period if your retainers are lost or broken.

PLEASE REMEMBER THAT YOUR RETAINERS FORM AN IMPORTANT PART OF YOUR TREATMENT. TEETH SHOULD NOT MOVE IF THE RETAINERS ARE WORN AS DIRECTED. THE MOST COMMON CAUSE OF RELAPSE IS DUE TO NOT WEARING THE RETAINERS SUFFICIENTLY.

PLEASE BRING YOUR RETAINERS WITH YOU TO EACH CHECK-UP.

You should continue to attend your own dentist for regular check-ups.

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