

## **Congratulations on your new smile!**

Your braces are now removed and I trust you are delighted with your lovely smile!

Although your active treatment is finished, you are now starting a period of retention. This is an extremely important part of your treatment, as without retention, the position of your teeth could start to slip.

It is therefore imperative that you follow the retention regime given to you in order to maintain the results. Wearing the retainers as instructed is ***your responsibility***.

Your retainer(s) have been made to fit your teeth exactly, to hold them in their new position. If they are not worn as instructed, the teeth may drift out of position, the retainer will no longer fit properly and some of the ***results of your treatment will be lost***.

- The retainers should be worn full time for 5-7 days, only removing them for cleaning your teeth and mealtimes. Replace them as soon as your teeth are clean or you have finished eating. When not in the mouth please keep them safe so as not to lose or damage them – it would be a good idea to buy a protective box for them.
- After the initial period of full time wear, the retainers should then be worn in bed at night time only. That's ***every night***.
- Our Team will continue to see you during your retention and may change the amount of wear of your retainer as time progresses.
- Do not change the amount or pattern of wear yourself.
- Do not stop wearing your retainers unless you are told to stop by your orthodontist.
- Please bring your retainer(s) with you at each review appointment as adjustments may be necessary to maintain fit and function.
- The retainers need to be kept clean. You can do this by rinsing them under the cold tap daily, using a cotton bud to clean around the insides and also soaking them in Retainer Brite tablets once a week (this is available from reception). Do ***NOT*** use toothpaste, denture cleaning tablets or Milton's solution on this type of retainer as they can damage them.
- If an edge of the retainer irritates your gums or is sharp, you can smooth it down slightly with a nail file or emery board.
- If you lose a retainer please contact us as soon as possible or go to the Retainers 4 Life website to order a replacement. There will be an additional charge for this but it is important to maintain your retention regime.

We will see you again to review your retainers in 12 months' time. However, if you are concerned with the position of your teeth, the fit or condition of your retainers please arrange an appointment to see us as soon as possible.

You will only be provided with ***1 set of retainers*** at the end of treatment.

A charge will be made for replacement retainers should you lose or damage the retainer provided at the completion of treatment.