



Live naturally.
Smile beautifully.

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Retention

What is a retainer and how important is it that I wear it?

Retainers are designed to keep your teeth straight and can either be removable or fixed to the teeth. In most cases we recommend having both.

Now that your teeth are straight, if you do not wear your retainer your teeth are likely to drift towards their original position (relapse). If this happens it may be difficult, if not impossible, to correct.

What is the best retention regime?

To prevent your teeth from moving we will fit you with bonded retainers (which are fixed to your teeth) and will provide you with removable retainers (or Vivera retainers) to be worn on top of your bonded retainers.

How long will I have to wear the retainers?

For as long as you want to keep your new smile, which means for an indefinite period of time.

Depending on each case your orthodontist will recommend a customised retainer regime.

Please follow this carefully to ensure you do not get any relapse.

Can I eat normally?

Eating with bonded retainers:

You can eat and drink straight away after you have your retainers fitted but you need to remember not to bite anything hard, sticky or chewy with your front teeth as this may cause your bonded retainer to break.

Eating with your removable retainers

If you have been asked to wear your removable retainer during the day, please remove them for eating or drinking. Please

make sure you brush your teeth before placing the retainers back in your mouth. Having poor oral hygiene, whilst wearing removable retainers, may lead to tooth decay.

Looking after your retainers

Looking after your bonded retainer:

Please avoid eating hard, sticky or chewy food from your front teeth as this may damage your bonded



Please remember to see your hygienist on a regular basis as tartar builds up around your bonded retainers.



Looking after your removable retainers

Please wear your removable retainer as prescribed by your orthodontist.



Keep your retainers clean by brushing them with cold soapy water. Avoid cleaning them with your toothpaste, using bleach, placing them in the dishwasher or boiling them.

Please use Retainer Brite once a week. You can purchase this from the Practice.

Please keep your retainers safe in the box provided and label them with your name.

Please do not click the brace in and out with your tongue as this can cause your retainers to break.

Please note there will be a charge for the repair/replacement for your fixed or removable retainers.

Future Appointments

You will be seen for up to 1 year after your braces are removed to check the condition of your retainers. This will normally happen at 3, 6 and 12 months after your braces are removed. Please ALWAYS bring your removable retainers with you for the appointment.

If any dental work is carried out after the original removable retainer has been made, the retainer may not fit properly. If that is the case, please contact the Practice immediately to arrange for the new retainer to be made.

Please note there will be a charge to replace your existing retainer.

Please note that you should always continue seeing your general dentist for check ups and hygiene EVERY 6 months.

What if I break or lose my retainers?

Broken fixed retainer:

Please IMMEDIATELY wear your removable retainers during the day as well as night to prevent any relapse. Please contact the Practice as soon as possible to arrange for the repair appointment.

Broken or lost removable retainers:

Please contact the practice immediately as there is a high risk of relapse if you do not have your removable retainers.

We would have to take new impressions of your teeth in order to produce new removable retainers. Please note that if you grind your teeth you will shorten the life span of your retainers and may want to discuss the provision of a night guard with your dentists.