

Retainer Instructions

- Wear the retainers for 4 months full-time (day and night) and then every night indefinitely to avoid teeth moving position. If your retainers ever feel tight you must wear it more often as this is a warning sign that your teeth are moving.
- Remove for eating, drinking, any contact sports (including swimming) or when you are brushing your teeth.
- Do not put the retainers in hot water or drink hot drinks with them in place as they are formed by heat so the retainer will change shape and will no longer fit.
- Keep the retainers safe in a rigid plastic container, never wrap them in a tissue, as they may get thrown away. A box can be purchased from reception.
- Only one retainer is issued after completion of treatment, to replace lost or damaged retainers there will be a charge. If this occurs, contact the Clinic at once to arrange for a new retainer before the teeth have chance to move
- Clean the retainers morning and night with COLD soapy water using your toothbrush. **DO NOT** use toothpaste.
- Use Retainer Brite 1 – 2 times per week to sterilise your retainer, these can be purchased from the front desk, please ask the Receptionist for details.
- Bring your retainers to any retainer check appointments.
- A bespoke gumshield can be made at the same time as the retainers to protect your perfect smile during contact sports. The cost of this is available on request.

Please contact the practice if you lose/break the retainers or if you have any questions or concerns.

Please sign below to say you have read and understood the retainer instructions.

Date:

Patient Name:

Signature: