

ADVICE SHEET

**LONG TERM
RETAINER
INSTRUCTIONS**



**WEAR SIDE
ORTHODONTIC
CENTRE**

A final word about retainers

It is important to maintain the improvement that your brace treatment has given you. With this in mind, we strongly advise you to keep wearing your retainers each night, long term.

If the wear of your retainer(s) reduces, it can lead to unwanted tooth movement and relapse. This is of course disappointing and we would like to avoid this for you.

Do not discard your retainers.

Keep wearing them each night to maintain your lovely smile. Why do we advise this?

- After a course of orthodontic treatment, all of our patients will be issued with retainer(s), which will maintain the teeth in their improved position whilst the surrounding gum and bone settles around them.
- We suggest that your retainers are worn full time for the first 5-7 days and then each night. There is no guarantee that teeth, orthodontically treated or otherwise, will stay aligned without retention. For this reason, we recommend each night wear for many years (or indefinitely) after orthodontic treatment.
- If the retainers do not feel tight, it means that the teeth are holding their position. We would still suggest wearing your retainers each night to maintain the position of your teeth.
- When the retainers do feel tight, we advise you should increase your wear to some evening and day time wear. This is something you can decide for yourself but do let us know if you are in any way unsure.
- If you lose a retainer, or you feel it has become worn you can go onto our website and order them directly through the Retainers 4 Life link.
- A charge will be made for replacement retainers should you lose or damage the retainer provided at the completion of treatment.
- Further advice about retention can be found on the British Orthodontic Society website.

No further orthodontic appointments are required, but please do not hesitate to contact us if you experience any problems with your retainer.