

Retainer Appliance Information Sheet

You have been given these instructions because you have a retainer brace. You will have been prescribed your specific retainer by Dr Patel. This may be a bonded retainer (glued in retainer which is placed behind the teeth), a Hawley retainer (plastic plate with a metal bar), an Essix retainer (clear plastic shield) or possibly a combination of retainers.

- This retainer is designed to hold your teeth in position however, some degree of movement will occur and is normal
- It is usual to have up to 20% change whilst your new bite settles. Please be assured your teeth will always stay significantly improved than when you started your orthodontic treatment.
- Do not eat sweets, chewing gum or any sticky foods.
- Keep your teeth, gums and the brace spotlessly clean. Your teeth should be thoroughly cleaned after every meal.
- During the first few days your brace may feel strange and uncomfortable. You may find that the brace affects your speech and makes your mouth water, this quickly wears off. If you do find it difficult to talk practice talking, reading or singing out loud and within a day or two you will be talking just fine.
- If the brace causes pain, breaks or does not appear to fit, telephone immediately for an appointment. Do not wait until you are due to attend the surgery.
- If your brace is lost or is irreparable and a replacement is needed then the cost of the brace will be charged to you. Remember if the brace is in your mouth it can never be lost.
- Remember you are attending this surgery for orthodontic treatment only. It is very important that you continue to see your own dentist for checkups and fillings if necessary.

Your attention is drawn to the specific information noted below for a removable retainer (if you have been prescribed one):

- Place retainers very gently with your fingers: never bite to place your retainers. Don't flip or manipulate them with your tongue as this will distort your retainers, or lead to breakage.
- The retainers are to be worn as advised by your therapist or Dr Patel this can be full time or night time only wear
- Retainers should be removed for sports activities (boxing, football, etc.), including swimming.
- Clean retainers thoroughly twice a day with a toothbrush and water. Use warm but never hot water. Brushing retainers removes the plaque and eliminates odours. Using 'Retainer Bright' or other orthodontic appliance cleaners can keep the retainer fresh, but does not take the place of brushing.
- Keep retainers away from hot water, pets, pockets, the washing machine, and napkins! (Experience tells us most appliances are lost in school lunch rooms or restaurants).
- If your removable brace has metal attachments be careful not to pull on them as they are fragile and may break

If you have any issues or are concerned with anything please do not hesitate to give the practice a call on 0151 707 2312.