

Information about your Removable Retainer

1. Your retainer is as important as your brace.

If you do not wear your retainer as instructed your teeth will move back towards how they were before treatment.

2. How often do I wear my retainer?

Full-time except meals for 7 days then every night for 6 months.

After 6 months, wear your retainer on alternate nights and after one year wear them 2 nights per week. If after reducing the frequency of wear your retainer start to feel tight, wear it more often.

It is sensible to keep wearing your retainer part-time for as long as you want to keep your teeth straight and looking great. In other words many years!

3. How should I clean my Retainer?

Cleaning your retainer is very important and should be done every day. Brush it with a toothbrush and cold water. It is best not to use toothpaste to clean your retainer as it may cause a colour change.

You can also occasionally use “Retainer Brite”, a specially formulated solution which is very good at removing stains and for freshening up your retainer.

4. How should I store my retainer?

When the retainer is not in your mouth it must be kept in a container, not in a tissue as it may get thrown away by mistake! It is a good idea to leave a small piece of damp cotton wool in the retainer box as it will prevent the retainers becoming brittle over time.

5. Do not eat or drink with your retainer.

6. What do I do if my retainer rubs?

If your retainer rubs you can smoothen it with an emery board used to file nails. If this doesn't work, contact Park Orthodontics.

7. What do I do if I have forgotten to wear my retainer?

Wear your retainer full-time except for meals for 2 days. This is often enough to squeeze the teeth back into place.

8. What do I do if I lose my retainer?

Contact Park Orthodontics immediately.

9. Bring your retainers to every appointment.

It is important to bring your retainer to every appointment, so that we can check and adjust them if needed.