

Fixed Wire Retainer Instructions

Now that your teeth are straight, it is important to keep them this way. Your teeth will *always* have a tendency to want to move back to their original positions. As was explained to you before you started your orthodontic treatment *life-long* retention is necessary. Even in patients who do not have braces there is a tendency for the teeth to move and crowding of the teeth to develop as you get older. Wearing retainers will also prevent this crowding as you get older.

What to expect? - Expect the wire retainer to feel strange and bulky. Initially it may rub against your tongue and you may get a little blister. Your tongue will soon get used to the retainer.

How to clean your retainer? - You should brush your teeth normally and pay particular attention to the area around your fixed wire retainer. You need to floss your teeth daily and a special type of floss designed for around retainers will need to be used. The floss is called **Super Floss®** and is made by Oral-B® and is available at reception.

What if the retainer breaks? - Unfortunately nothing placed in the mouth can be permanent and the fixed wire retainer may break at some point. The glue may fail and need to be replaced or the wire may break and may need to be replaced. If you suspect there is a problem contact the Scottish Orthodontic Centre on 01355 5235915 and arrange an emergency appointment.

You will normally be discharged from the department 1 year after your braces were removed. If your retainer breaks after you have been discharged from the Scottish Orthodontic Centre you should contact the Centre or attend your dentist who may be able to repair your retainer. **Please note that after 1 year there will be a charge to repair or replace your retainer.**

Do I still need to see the orthodontist? - You must continue to have review appointments with your orthodontist and you will normally be discharged from the centre 1 year after your braces are removed. If you are also wearing a removable retainer remember to bring this to your review appointments. After 1 year you can continue to be reviewed at the Centre however there will be a charge for review appointments and also a charge to repair/replace your retainer.

A copy of the instructions is available on our website [Patient information Scottish Orthodontic Centre \(scottishorthocentre.com\)](http://Patient%20information%20Scottish%20Orthodontic%20Centre%20(scottishorthocentre.com)) or via the following link [ScottishOrthoCentre - Google Drive](#)