

Removable 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.

How much should I wear my Retainers? - Initially you will be instructed to wear your retainer full time except eating and drinking for 2 weeks. When not wearing your retainers they should be kept in a protective box. Dedicated retainer boxes are available to purchase at reception. **After 2 weeks the retainer should be worn nights only, every night**

What to expect? - Expect the appliance to be tight and it will feel strange and bulky. Expect some excessive saliva in your mouth and difficulties swallowing - these problems will resolve quickly with wear. You should also expect initial difficulties with speech. Speech returns to normal very quickly providing the retainer is worn as instructed. When you are wearing your retainer at nights it will feel tight when you first fit it before you go to sleep. You may even notice very slight tooth movements which will correct when you wear the retainer at night.

How to clean your retainer? - The retainer should be gently cleaned with a toothbrush and a little soap and then rinsed under cold running water. **Do not use hot water** as it may melt the plastic of your retainer. Avoid toothpaste which is too abrasive and may scratch your retainer. You can also use specific retainer cleaning tablets which are available at reception.

What if the retainer breaks or I am not able to wear it? - It is normal for your retainer to wear a little and small holes may appear on the biting surfaces. Even if your retainer develops a crack you should continue to wear it and contact the centre for an earlier appointment on 01355 235915. (It is still possible to wear the parts of your retainer even if it breaks into 2 parts). If you are unable to wear your retainer for any reason or it is no longer fitting properly please contact the centre and arrange an emergency appointment. Do not wait until your next routine review appointment. **If you lose your retainer you will need to pay the full cost to replace it.**

Do I still need to see the orthodontist? - You must continue to have regular review appointments with your orthodontist. **Remember to bring your retainers to your review appointments.** Normally 1 year after removal of your braces you will be discharged from the Scottish Orthodontic Centre back to your dentist. 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 replace your retainer.

Do not take it upon yourself to stop wearing your retainers. If you decide to stop wearing your retainers, against the advice of your orthodontist, it is highly likely your teeth will move. The Scottish Orthodontic Centre can't be held responsible for movement of your teeth if you do not wear your retainers or return to have retainers checked.

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