

Newbury Orthodontic Centre  
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## CARE OF YOUR REMOVABLE RETAINERS

Your retainers are there to allow your teeth to settle in their straightened positions. It is an important part of your treatment. Failure to wear the retainers **will lead to relapse**. Once the teeth have moved too far, the retainers will not fit anymore and the alignment will worsen.

1. Please wear your retainers **all the time** for the first few months. You remove it for brushing, eating, contact sports and swimming.
2. When not in the mouth, they should be stored in a strong container (available at a small cost from the reception desk).
3. If the retainers are broken or cannot be worn for any reason, please contact the practice to arrange an appointment for a repair. Do not wait until your next appointment.
4. You will be advised to reduce the wear to part-time when it is safe to do so.
5. You must continue to keep your teeth and retainers clean. Brush your teeth at least twice a day. Clean your brace at the same time using a soft toothbrush and cold tap water.
6. You may be charged if your retainers have to be replaced e.g. if they were lost or damaged beyond repair. Please look after your retainers!

## Routine Dental Care

Please continue to see your own dentist for regular check-ups.