

Newbury Orthodontic Centre

34 Stanley Road, Newbury, Berks RG14 7PB

Tel: 01635 528830

Web: newbury-orthodontics.co.uk

CARE OF YOUR VACUUM-FORMED 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 week, then night-time for as long as you want your teeth to stay straight.
2. You remove them for brushing, eating, drinking and sports.
3. You must not eat or drink with them in the mouth. Warm food/drink will distort them. Fizzy or acidic drinks will get trapped between the retainers and your teeth and will cause decalcification.
4. If you have missed one night, wear them full-time the next day.
5. When not in the mouth, they should be stored in a strong container (available at a small cost from the reception desk).
6. If the retainers are broken, lost or cannot be worn for any reason, please contact the practice to arrange an appointment for a replacement. Do not wait until your next appointment. These retainers cannot be repaired. Please look after them. You will be charged for replacements.
7. 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. Do not use tooth paste on the retainers. In addition to brushing, cleaning tablets such as Retainer Brite will help to keep them clean when used once a week.
8. If your retainers are loose, please contact us and bring the retainers back for tightening.

Routine Dental Care

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

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