

At last your treatment has finished and we hope you are pleased with your new smile. You (and we) have put a great deal of hard work into improving your bite and smile.

It is up to you to keep them straight!

One in three people do not wear their retainers as instructed and their teeth move out of position – be careful!

LOOKING AFTER YOUR VACUUM RETAINER

Your new retainer has been carefully made to fit your mouth exactly and to hold your teeth in their new positions. You can do a lot to help by following these simple rules:



WHEN TO WEAR THE RETAINERS

- ☺ Start now by wearing them today (at home this evening) and in bed to night
- ☺ **Wear them every night**
- ☺ Keep wearing them every night if you want your teeth to stay straight

Wear your retainer as instructed by your Orthodontist. This is normally **every** night. However, it may be necessary to wear them during the daytime as well on certain occasions. They are **not** designed to be worn while eating. During meal times and any other time that the appliance is out of your mouth, it must be kept in the secure container supplied. More of these can be purchased at reception.

GETTING USED TO YOUR RETAINER

At first your retainer may feel slightly tight and make speaking more difficult. This should only last for a few days. They will loosen off slightly and fit comfortably. You must wear

them regularly for them to continue fitting well.

CLEANING

Keep your teeth clean to prevent tooth decay and gum disease by using a fluoride toothpaste. To clean your retainer use a separate toothbrush and soap/detergent (**do not use toothpaste**). A proprietary cleaning agent RETAINER BRITE is available for sale at reception. The retainers can be steeped in this occasionally to make them fresher.



PROBLEMS & ANSWERS

- **The retainers do not fit and my teeth seem to have moved.**
- Make sure that they are seated properly onto your teeth. Place them onto your teeth and suck them into place.
- **Wear them as much as possible** (day & night). If they are too loose or too tight this is because your teeth have moved a little and the

retainers will help to move them back again but they will only do this if they are worn **ALL** the time. They should start to fit more comfortably

- **I've lost the retainers**
- If you do lose them contact the practice **IMMEDIATELY** to arrange for new ones to be made. (please note the Health Board will charge you for the replacement cost). If they are not replaced quickly your teeth may move out of position.
- **The retainers are cutting into my gum**
- **Try to smooth them where they hurt**
- Try to wear them so that your teeth do not slip but make an appointment soon to have them adjusted
- **The retainers have been damaged and are distorted !**
- Make an appointment as soon as possible and **bring them with you**. If you throw them away you may be charged for replacements.

MISSED APPOINTMENTS

As your teeth and retainer need to be checked at regular intervals, please ensure that all appointments are kept or cancelled with as much notice as possible. . ***A charge will be made for missed appointments or appointments cancelled at less than 24hrs notice.***

PLEASE NOTE

There will be a charge of approximately £60 (for each retainer) to the NATIONAL HEALTH SERVICE for the replacement of appliances that are lost or damaged through neglect. This is entirely at the discretion of Forth Valley Health Board and a claim form must be submitted to them.

The NHS will not pay for you to be treated again if your teeth move out of position.

Removable Retainers



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