

Retainer Information (page 1 of 2)

Please stick patient label here

#Hold That Smile

Retainers are designed to hold your teeth in their corrected positions after your braces have been taken off.

Failure to comply with any instructions will mean that we are no longer responsible for any further treatment.

- It is your responsibility to keep your teeth in their corrected positions. If the retainers are not worn, your teeth will move.
- Retainers need to be worn on a long-term basis because changes can occur throughout your lifetime.
- If the retainers are lost, you will have to pay for new ones.
- If the retainers are broken, depending on the circumstances, you may have to pay for new ones.
- If you have not worn the retainers as instructed and your teeth have moved, we will not offer new NHS braces to straighten them again.
- The retainers may eventually wear out. We will be happy to discuss replacing them for a reasonable charge, so that your teeth stay straight, or you may discuss replacement with your own general dental practitioner.
- You will normally be asked to wear your retainers every night for at least the first year. You may then be asked to wear them on alternate nights if you want to keep your teeth straight. You must follow the instructions you are given.
- You must bring your retainers with you when you come for your review appointments.
- Please contact us immediately if you have any problems.

Instructions for cleaning retainers

Remove the retainers and scrub them inside and out with a brush and soapy water. Then rinse in cold water. **Do not use toothpaste** as this will make the retainers change colour.

Oral Maxillofacial Surgery & Orthodontics
01722 336262 Ext. 3255

If you need this information in another language or medium (audio, large print, etc) please contact the Customer Care Team on 0800 374 208 email: customer-care@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Author: Annalise McNair
Role: Consultant
Date written: November 2008
Last revised: January 2016
Review date: December 2021
Version: 2.0
Code: PI0145



Parent/Guardian

I (name in block capitals)

Have read and understood the above information

Signature Date

Patient

I (name in block capitals)

Have read and understood the above information

Signature Date

Clinician

Name (in block capitals) Signature

Date

A copy of this information sheet will be filed in your health care record.