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INSTRUCTIONS TO PATIENTS WEARING A RETAINER

You have been fitted with a removable retainer. It is important that you follow these instructions.

1. Once the braces have been removed it is normal to suffer from swollen and bleeding gums. It is important that you brush your teeth thoroughly to settle this problem.
2. Wear your retainer as instructed by your orthodontist.
3. You will be reviewed four times over one year while wearing the retainers and it is important that you attend these appointments.
4. As the retainer is not always worn full time it is important that you have a retainer box or strong container to keep it safe. The NHS charges patients for replacing a lost or broken appliance.
5. To clean your retainer, rinse it under cool water and then scrub it gently with your toothbrush or a soft nail brush. You can use toothpaste to do this **BUT** not denture cleaners. Once your retainer is clean pop it into your container and clean your teeth. It is advisable to use a toothpaste containing fluoride. (Retainer boxes are on sale in reception).

DO NOT SOAK YOUR RETAINER IN BLEACH OR DENTURE CLEANERS

USE A RETAINER CLEANER. THIS IS ON SALE IN RECEPTION

SPEECH

A retainer appliance could make you lisp at first. This will disappear as long as the retainer is worn as instructed by your orthodontist.

BREAKAGES

Please contact the surgery if there are any breakages. If you can continue to wear your retainer without discomfort, please do so.

REMEMBER TO BRING YOUR RETAINER TO EVERY APPOINTMENT.