

Looking after your smile

Removable retainers

What are removable retainers?

Removable retainers are very thin, clear plastic shields that are worn over the teeth once the braces are removed to help prevent the teeth moving back. Nearly all patients will be provided with removable retainers.

How often do I wear them?

Wear your retainers every day and night for three weeks and nights only thereafter (unless instructed otherwise by your orthodontist). It is extremely important that you increase the level of wear of your retainer if you find that it is tight or uncomfortable, as this indicates that your teeth have started to move. This can happen even several years after your braces are removed. Take your retainers out for eating, cleaning, drinking (except for cold water) and sport.

How important is it to wear my retainers?

If you do not wear your retainers as instructed, your teeth will move back towards how they were before treatment. If you cannot wear your retainers for any reason, please contact us.

How long do I have to wear them?

The only way to guarantee keeping your teeth straight is to continue wearing the retainers at night. This is because we now know that teeth move throughout life.

Can I eat and drink with my retainer?

You should never eat or drink anything other than cold water, when you are wearing your removable retainers.

How do I keep them clean?

Clean your retainers with a toothbrush and COLD water but do not use toothpaste on the retainer. Toothpaste will discolour the retainer. The retainers can be cleaned by using the tablets available for purchase at reception.

How do I keep them safe?

When you are not wearing the retainers, keep them safely in a protective box (and away from pets!).

What do I do if I miss wearing my retainer for a night?

You must try and wear the retainers every night. If you do forget, then wear the retainers full-time except for meals and cleaning for two days. If they do not fit properly please contact us straight away.

What do I do if I lose a retainer?

If you lose a retainer, wear the spare if you have one. Contact the practice as soon as possible to have an impression for a replacement made. Please note there is a charge to replace lost or broken removable retainers.

What do I do if the retainer rubs?

If the retainer rubs please contact the practice to have it adjusted as soon as possible.

Should I bring my retainers to my appointments?

Yes - this will allow us to check the fit and condition of your retainers.



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