

Retainers

Orthodontics Department Patient Information Leaflet

Introduction

There are three main reasons for having orthodontic treatment:

- To improve the appearance of the teeth
- To improve the health of the teeth and gums
- To make it easier to eat

Now that you have a retainer, you may have some questions. This leaflet aims to answer some of those questions.

What are retainers?

Retainers are designed to keep your teeth straight once orthodontic treatment has been completed.

There are two types of retainer: removable retainers and fixed retainers. Your dentist will discuss with you which retainers are best for your treatment plan.

How important is it that I wear them?

Now that your teeth are straight, if you do not wear your retainers, your teeth may move back towards their original positions.

How long will I have to wear the retainers?

This will vary according to how your teeth originally looked before the orthodontic treatment was started. However, as a general rule you will need to wear removable retainers for at least 12 months. We will advise you on when and how to wear your retainer. We will tell you if you will have to wear them long term.

How might the retainers affect me?

Wear your retainers as advised by your clinician.

If you have fixed retainers, you will need to take extra care to keep them clean (please see section on 'What about brushing my teeth?').

Can I eat normally?

Yes, you should be able to eat normally. Always take your retainers out to eat and drink. When you are not wearing them, always keep them in the protective box provided.

Can I remove the retainers?

Yes you can remove your retainers. Follow the instructions given to you by your clinician. When they are not in your mouth, they should be in their protective box.

Try not to click the retainers in and out with your tongue as this can cause them to break. If the retainers cannot be worn because they are being repaired, your teeth may start to move back to their original positions.

What about brushing my teeth?

It is important that you brush your teeth well three times a day using fluoride toothpaste. If possible, carry a brush with you to use after meals. If your retainers are removable, take them out to clean your teeth.

You should also gently clean the retainers with a toothbrush and washing up liquid, taking care not to damage the wires if your retainers have them. If your retainers are fixed, carefully clean them with your toothbrush while you are cleaning your teeth.

You should use a daily fluoride mouth rinse last thing at night, after brushing your teeth.

How often will I need an appointment?

You will not need to be seen so often now the retainers are in place. We will give you your next review appointment when you have your retainers fitted.

Please bring your retainers to each visit.

Do I need to see my regular dentist?

Yes, you need to see your dentist regularly. Your regular dentist can advise you on how often you need to have appointments.

What should I do if I play contact sports?

Now you are wearing retainers, you will still need to wear your mouldable gum shield if you play contact sports, or if you ride a bicycle or do roller skating or skateboarding. Alternatively, your own dentist can make a new gum shield for you as your active orthodontic treatment has been completed.

What do I do if my retainers break?

Ring up for an appointment as soon as possible on the following number 01384 244719 (9am to 4pm). Do not wait for your next routine appointment as your teeth may move if you are not wearing your retainers. The orthodontic nurses who work in the department can give you advice or alternatively, you can speak to your own dentist.

Can I find out more?

The following website has more information on orthodontic retainers:

[British Orthodontic Society](#)

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Orthodontic department on 01384 244719 (9am to 4pm, please leave a message and we will ring you back as soon as we can)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/orthodontics/>

If you have any feedback on this patient information leaflet, please email patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔