

Accessible Orthodontics



MAKING SMILES STRAIGHT
FOR ADULTS & CHILDREN



Retainer Information Booklet

**For more information you can ask our Dental Team during an
appointment or visit our website
(www.accessible-orthodontics.co.uk)**

WEARING AND CARING FOR YOUR RETAINER

CONGRATULATIONS!! You have worked hard over the “in-Treatment” period to take good care of your Braces and, most importantly, your teeth. The result for you is a beautiful STRAIGHT SMILE. To ensure that all of the good work you have done to date is now held in place, we remind you about the importance of wearing and caring for your Retainer!

This part of **your Treatment** is **extremely important**. We have made sure the Retainer fits you properly and we have given you directions on using it. Failure to follow the directions of your Orthodontist OR Nursing staff may result in your teeth slipping back to their old shape and all of the good work coming undone. So, please note the Instructions regarding wearing and caring for your Retainer, listed below.

THE GOLDEN RULE: ALWAYS wear your Retainers as instructed by the Orthodontist OR Nurse

- ❑ **Remove** your Retainers when:
 - Eating
 - Drinking
 - Brushing your teeth
 - Playing any sports
 - Swimming
- ❑ When your Retainers are not in your mouth they **MUST** be in a Retainer Case (these can be purchased at our Reception desk)
- ❑ Keep the Retainers **away from** pets, **out of** pockets or school bags or handbags. **ALSO out of** hot water and the washing machine.
- ❑ Initially you may find it difficult to speak. Try speaking, reading or singing out loud to get used to them faster.
- ❑ If you have any concerns about your Retainers or they need adjusting **then call us**. **DO NOT** try to adjust them yourself.
- ❑ **ALWAYS bring** your Retainers to your appointments

Comments:

The better **you follow** these directions, the sooner you can complete **your Treatment** AND the better **your result** will be. IF you break, damage or lose your Retainer you will need to contact us to make another appointment, so we can organise another Retainer for you.

A charge (amount as indicated from time to time in displayed Price List) will be payable to the Practice for a replacement Retainer. The cost **MUST** be paid **at the time** at time the new impressions are taken. The cost may be reclaimable from the NHS BUT the Patient is wholly responsible to arrange for later reimbursement through the NHS.

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Recommended Hygiene Products for Removable Appliances, Retainers and Invisalign



Retainer Brite

Retainer Brite is a highly effective removable Retainer (etc) cleaner that kills bacteria, preventing brace discolouration and also odours that can lead to 'bad breath'. Used daily, Retainer Brite will keep your Retainer (etc) clean and fresh!

36 Tablets per Box



Appliance Cases

Protective boxes for storing removable braces and mouthguards. Each box supplied with label for name and address details.

Colours:

Yellow
Green
Blue
Blue Glitter

Orange
Black
Black Glitter
Purple Glitter

Red
Red Glitter
Pink Glitter