



TIME FOR RETAINERS

CONGRATULATIONS. The day has finally arrived and your braces are gone for good, we hope!

You now have a great smile. A lot of effort has been put into achieving your smile by both you and us. Now our part has finished, KEEPING YOUR TEETH STRAIGHT IS UP TO YOU.

You will be given retainers to wear. These are ESSENTIAL to keep your teeth straight. As teeth move throughout life, whether you have had braces or not, you will have to wear your retainers for as long as you want your teeth to stay straight (i.e. FOREVER!).

Wear the retainers day and night for the first six weeks, but be sure to remove them when you are eating. After that, wear the retainers only whilst you are asleep at night as instructed. Keep them in a box when you are not wearing them. If you break a retainer or are unable to wear it, please contact us. Your teeth may well MOVE out of position if the retainer is not worn as instructed.

RETAINERS ARE COSTLY TO REPLACE; TAKE CARE OF THEM.

Replacements are available for a charge; please ask at reception for details if you have a problem. Clean your retainers regularly. Please purchase RETAINER BRITE from reception; it will ensure the retainers do not collect the bacteria and fungus that cause infection and bad breath.

A BEAUTIFUL SMILE IS SOMETHING TO BE TREASURED. PLEASE LOOK AFTER IT.

If you are happy with your teeth, we would be delighted if you were to recommend us your friends.

Thank you.

Received

Date

Please see the visual instructions, (as approved by the British Orthodontic Society), on our website.

THE CENTRE FOR SPECIALIST ORTHODONTICS

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