

- Retainers are designed to keep your teeth straight and avoid relapse.
- You will be asked to wear your retainer every night in bed for the first three months.
- During the day keep your retainer in a plastic pot, as they are very delicate and will easily break.
- Clean your teeth last thing at night, and then put in your retainer. In the morning take out your retainer and rinse under running water.
- After 3 months you will be reviewed in clinic
- Always bring your retainers with you to clinic appointments.

### Retainer wear

0-3 months: Every night

3-6 months: Every other night

6 months onwards: two nights a week

You are advised to wear your retainer two nights a week forever.

If your retainer breaks or you have any queries please call 01234 792137. If you repeatedly break your retainer, you will be charged for a replacement. After 12 months if you need a replacement retainer you must contact your own dentist.