

# Orthodontic Department

## Retainers

1. Now that your teeth have been straightened, you have been provided with retainers to keep your teeth in their new position. It is now **your responsibility** to wear your retainer(s) as directed in order to prevent your teeth from moving back towards their original position. If you do not wear your retainers your teeth are likely to move again.
2. Wear your retainer(s) as instructed below – you may remove them for eating if you prefer, however you must replace the retainer once finished your meal.
3. Take your retainer(s) out for cleaning your teeth, contact sports and swimming – when out of your mouth it should be kept safely in your retainer box.
4. Clean your retainer(s) thoroughly each day with toothbrush and toothpaste. You may use a retainer cleaner (e.g. Retainer Brite) for an extra clean if you wish.
5. You may experience some speech difficulties for the first 4-5 days of wearing your retainers, but this will disappear.
6. If you have any dental treatment carried out e.g. new fillings, crowns or bridges and you find that your retainer no longer fits, please contact the department for an appointment immediately on **01784 884650**. Likewise if you lose or break the retainer please contact us immediately.

**Please note: If you lose your retainer(s) there will be a charge of £61.20 for each appliance lost, i.e. if you lose both appliances it will cost £122.40 to replace them.**

### Your Retainer Regime

**Date fixed brace removed:**

- 1) **Wear retainers full time (24 hours) until:**
- 2) **Then wear retainers every night until:**
- 3) **Then wear retainers every other night until:**
- 4) **Then:**

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk).

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



**To use the Text Relay service, prefix all numbers with 18001.**

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔  
ने दुवातुं उरसमे दी लेउ वै उं किरधा कवरे इस नंवर उे देन कवे: 01932 723553  
اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کرم اس فون نمبر 01932 723553 پر رابطہ کریں  
Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553  
यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553  
Jeżeli chcemy, aby te informacje w innym języku,  
proszę zadzwonić 01932 723553

**Ashford Hospital** London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**  
**St. Peter's Hospital** Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

**Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)**