

## Time For Retainers

Well the great day has finally arrived and your braces are gone (forever we hope!)

You now have a great smile of which you should be proud. A lot of effort has been put into achieving this result by both of us. Now my part is finished. **KEEPING** your teeth straight is up to **YOU**.

The retainers you have been given are vitally important. They will ensure that your teeth stay straight.

Clean them regularly using soap and water. Use toothpaste if there is a problem with odour, but use it sparingly as it tends to discolour the retainers.

Wear the retainers full time, day and night..

**Retainers are very expensive to replace, please take great care of them.**

Keep them in a box when not being worn.

If you break the retainer or are unable to wear it, please contact the practice. Your teeth may well move out of position if the retainer is not worn as instructed.

Retainers should be worn full time after the braces come off. After about 3 months we begin to wean you off fulltime wear. The first step is to leave the retainers out for about six hours. After approximately one month you may increase this time to eight hours. Our aim is for you to be wearing the retainers during sleep time only. Even after this time the teeth can still move, so keep the retainers during sleep. After a few years you may be able to reduce this to wearing them once or twice a week to ensure that your smile lasts.

**A beautiful smile is something to be treasured. Please look after it, and you should not waste the effort that you have put into creating it!**

You are now a walking advert for my practice. We would be delighted if you were to recommend us to your friends.

Best wishes for the future