

Orthodontic Department Patient Information



The Information Standard

Certified Member

Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Instructions for your retainer brace

1. Retainers are as important as the braces that you have been wearing.
2. It is your responsibility to remember to wear your retainer.
3. How often must you wear your retainer brace?
Night time only
4. You should continue to wear your retainer's long term unless otherwise advised by your Orthodontist.
5. Keep your retainer brace in the brace box provided whenever it is not being worn.
6. Cleaning
Your retainer brace must be kept very clean in order to keep it in its best condition. You should use running cold water (**please do not use hot water**) to rinse all debris from it and then use a toothbrush but no toothpaste to clean it (toothpaste will harm the material that the brace is made from). You may also use a brace cleaner such as Brace Mate or Retainer Brite (follow the instructions on the box).
7. If you forget to wear your retainer brace for a night (when you have been instructed to wear it every night) keep it in all of the next day, leaving out for meals only. It is important to avoid sweet things and especially drinks like Coca-Cola (these will trap drink between the retainer and the teeth and increase the risk of dental decay) whilst wearing your retainer.
8. Loose Retainers
If your retainer is loose then you should contact your Orthodontist as soon as possible to make an appointment so that it can be adjusted or remade.
9. Correct Adjustments
It is important that the retainer brace fits comfortably. If there are sharp edges or it is not comfortable for any reason, contact your Orthodontist. It is important that you don't simply leave it out.

10. Bring your retainers to your follow up appointments. Your Orthodontist will want to check and adjust them. If you do not bring your retainer this will not be possible.
11. In the event of the loss or damage to your retainer brace, please review the Departmental Replacement Policy below.

Replacement Retainer Policy

1. We will ask you to pay for your replacement retainers if:
 - You lose them
 - You fail to wear the retainers for a period of time (several days). You may for example, fail to take your retainers away on holiday with you, on your return they do not fit
 - Your retainers get damaged in some way, this may be because they have been chewed by your dog, placed in hot water and deformed, trodden on or inadvertently found their way into a washing machine and deformed. There have been many reasons given for damaging retainers and we would be unable to list all possible causes here
2. We will not charge for replacement retainers if they are cracked, worn or broken, and it is deemed fair wear and tear, for up to 12 months following the removal of your fixed braces.
3. If you require a spare set of retainers you will be charged at the standard rate.
4. If your retainers become worn out after 12 months we will ask you to pay.
5. The current charge for replacement retainers at Dorset County Hospital Foundation Trust is £20 per retainer.

Further Information

Any problems with your retainer please contact the Department on - 01305 255174

<http://www.dchft.nhs.uk/patients/departments-G-O/orthodontics/Pages/default.aspx>