

Orthodontic Department

Looking after your Retainer

This leaflet is written for patients who have been asked to wear retainers.

What are retainers?

- Retainers **help keep your teeth straight** after you have worn braces
- Retainers are just as **important** as the braces that you have been wearing

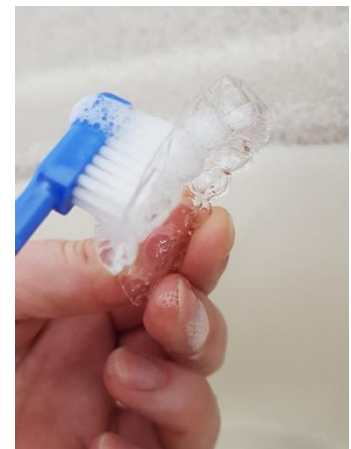


How often must you wear your retainer?

- **Night time** only, every night
- You should wear your retainer **long term** (unless otherwise advised by your orthodontist)
- **Store** your retainer in the **box** provided.

How do you clean your retainer?

- Your retainer must be **kept very clean** to keep it in good condition
- Use running **cold water** (**not hot water**) to rinse all debris from it
- Then use a **toothbrush** and **liquid soap** (not toothpaste) to clean it
- You can use a brace cleaner eg **Retainer Brite®** (follow the instructions on the box).



What do I do if I forget to wear my retainer?

- If you **forget to wear** your retainer brace for a **night**, please **keep it in all of the next day**, taking out for meals only.

Can I eat or drink with my retainer in?

- You can **drink cold water** whilst wearing your retainer
- Do **not eat or drink anything else** when wearing your retainer, especially sweet things.

What if my retainer does not fit?

- It is **important** that your retainer **fits comfortably**
- If there are **sharp edges**, it is **not comfortable**, or loose, **contact** us so that it can be adjusted or remade
- It is important that you do not leave it out.

What happens if my retainer breaks or I lose it?

- **Contact** the Orthodontic **Department** straight away
- We will arrange to **replace it**
- We may have to **charge** for your new retainer (see below).

When would I have to pay for a new retainer?

- If you have lost your retainer
- If you **have not worn your retainer for a period of time** (several days)
 - For example, if you forget to take your retainers away on holiday with you and on your return they do not fit
- Your **retainer gets damaged**
 - For example because they have been chewed by your dog, placed in hot water and deformed, trodden on etc.
- If you want a **spare set**
- If your **braces** were **removed** over **12 months ago**.

How much will it cost?

- The **current charge** for replacement retainers at Dorset County Hospital NHS Foundation Trust is **£25 per retainer**.

Further information



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- On Instagram



Contact Numbers:

We hope you have found this information useful but if you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

Orthodontic Department: 01305 255174

Useful Websites

<https://youtu.be/5wCfjIStzc> Hold That Smile video

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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