



HETTON DENTAL PRACTICE

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RETAINERS

Why wear retainers?

- After a course of orthodontic treatment, patients will often wear retainers, which will maintain the teeth in their improved position whilst the surrounding bone reforms around them.
- The retainers are generally worn full-time for a short period and then periodically (typically nightly during sleep) for as long as the orthodontist recommends. It is possible for the teeth to stay aligned without regular retainer wear. However, there are many reasons teeth will crowd as a person ages and thus, there is no guarantee that teeth, orthodontically treated or otherwise, will stay aligned without retention.
- For this reason, many orthodontists recommend periodic wear for many years (or indefinitely) after orthodontic treatment.

Recommendations

- We suggest you wear them every night while you sleep.
- If you lose your retainer, or you feel that it has become quite worn, you can contact the practice for replacements. There will however, be a charge for new retainers.
- Clean your retainer using a moist toothbrush, do not soak in hot water. For more thorough disinfection, it may periodically be soaked in a solution of baby bottle steriliser (e.g. Milton) or Retainer Brite.
- We DO NOT advise our patients to discard their retainers. Rather they should wear them as 'templates' to hold the orthodontic correction.

Please continue to contact the Practice to arrange your routine dental examination appointments.