

How long do I need to wear my retainers?

Today was your final visit with us and the Orthodontist/Therapist has checked your retainers for the last time.

Even though you have worn your retainers for a year it is still possible for your teeth to move so we strongly advise you to continue to wear the retainers in the following way:

- 1 Every other night for a month, after this if the retainers feel the same and not too tight to get in and out then:
- 2 2-3 nights a week, for as long as you can. If at any point the retainers feel very tight when you put them back in this is an indication that your teeth are still moving so:
- 3 Resume wearing them every night for a week or two and then go back to stage 1 again.

If you do not wear your retainers and your teeth move, you will probably need another fixed appliance brace to correct the problem.

Your models

You should have been given your start and finish models today. Please keep them in a safe place for at least a year. If you wish to return to The Orthodontic Practice, for any reason, bring them with you. The finish models are needed for repairing broken retainers.

Repairs

We are happy to repair broken retainers but after this final visit there will be a charge.

Lost Retainers

If you lose your retainers we are able to make new ones but you will be charged for them.

Adjustments

If your retainers become loose or are too tight we are to adjust them for you free of charge. Please call The Orthodontic Practice on 01233 610387.

Unfortunately a second appliance and course of treatment is not available on the NHS and would have to be paid for privately.