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Mrs Ann Wright  
BOSF  
British Orthodontic Society  
12 Bridewell Place  
London EC4V 6AP

### Can I remove the brace?

If the brace is removable but you have been asked to wear it full time, it should only be removed for cleaning. When it is not in your mouth it should be in its protective box. Do not click the brace in and out with your tongue as this can cause the brace to break. If the retainer can't be worn because it is being repaired, your teeth may not remain straight.

### How often will I now need an appointment?

You will not need to be seen so often now the retainers are in place. You will be advised about this. **Please bring your retainers to each visit.**

### Do I need to see my regular dentist?

Yes. It is a good idea to visit your regular dentist now that you are wearing retainers since it will be easier to check your teeth for decay. This is particularly so if your previous brace was fixed to your teeth.

### What do I do if I play contact sports?

You should obtain a new gumshield now you are in retention.

### What do I do if my retainers break?

Ring up for an appointment as soon as is reasonably possible. Do not wait for your next routine appointment as your teeth may move whilst not wearing your retainers.

The daytime telephone number you should contact if a breakage occurs is:

Tel.....

PATIENT INFORMATION LEAFLET

## RETAINERS



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Now that you have retainers you may have some questions you would like answered.

### What is a retainer and how important is it that I wear it?

Retainers are designed to keep your teeth straight and can either be removable or fixed to the teeth. Now that your teeth are straight, if you do not wear your retainer, your teeth are likely to drift towards their original positions. If this happens it may be difficult, if not impossible, to correct.



A removable retainer

### How long will I have to wear the retainers?

This will vary according to how your teeth originally looked, before the orthodontic treatment was started. However, as a general rule you will be asked to wear a removable retaining appliance for at least 6 months. This may mean wearing it all the time at first, before going on to just night-time wear. You will be advised if long term wear is required.

### How might the retainer affect me?

Your speech will be different. Practice speaking with the brace in place e.g. read out aloud at home on your own, and in this way your speech will return to normal within a couple of days.



A fixed retainer

You may also find yourself swallowing a lot to begin with. This is quite normal and will quickly pass.

If you have a fixed retainer then you will need to take extra care to keep it clean.

### Can I eat normally?

Whether you have been instructed to eat with your retaining appliance in or out, you should take care to avoid:

- Eating sugary things such as cakes, biscuits, and sweets, etc. between meals.
- Fizzy drinks, including diet drinks, or excessive amounts of fruit juice.

### What about toothbrushing?

It is important you brush well three times per day and use a fluoride toothpaste. If possible carry a brush with you for use after lunch. Take the brace out to clean your teeth. You should also gently brush the brace, taking care not to damage the wires. A daily fluoride mouthrinse should be used last thing at night, after toothbrushing. Failure to keep your teeth and brace clean will lead to permanent scarring of your teeth.



BRITISH  
ORTHODONTIC  
SOCIETY

## Congratulations!

Your orthodontic treatment has been completed and we hope that you are as pleased as we are with the result. Would you now consider showing your gratitude by making a donation to support orthodontic research for the future?

YOU could play an important part in the future of orthodontic treatment in the UK.

Modern orthodontics is based on evidence based practice - that is, scientific studies into the best way to treat patients to achieve the best long-term outcome.

The British Orthodontic Society Foundation supports research into orthodontics. To date, it has supported over 20 studies in 12 universities with grants totalling over £250,000.

If you would like to contribute to the Foundation or learn more about its work, please look on our website, [www.bos.org.uk](http://www.bos.org.uk), under About BOSF.

BOSF

More research....better treatment