

# THE ORTHODONTIC SPECIALIST

## Retainers General information

Congratulations! You will shortly have your braces off to unveil your beautiful smile! You are now entering an important phase of your treatment- **the Retention Phase.**

Completed orthodontic treatment does not guarantee perfectly straight teeth for the rest of your life.

Teeth have a memory and often try to move back to their original positions as long as possible.

Retainers are required to keep your teeth in their new positions. Regular retainer wear is necessary for your whole life as your body is continually undergoing growth and maturation. Minor irregularities, particularly in the lower front teeth may occur. In summary, you need your retainers to keep your teeth as straight as possible. But even with good retainer wear, your teeth may move slightly.

### What is a retainer?

Retainers are designed to keep your teeth straight and it is important that you wear them as instructed and they can either be removable or fixed to the teeth. All patients need to wear retainers after treatment.

### Fixed retainer

A fixed retainer is formed by a small rectangular wire that is stuck onto the back of the bottom and eventually top front teeth which is hidden on the inside of the teeth, so it is not visible. Permanent retainers often do a great job. However, super floss, tepe brushes or a waterpik are required daily to prevent any cavities or tartar build up cleaning around it and if it ever gets loose, you should seek advice. Just because they are fixed permanently does not mean they cannot come off. A fixed retainer should last between 5 and 10 years and we will give you a guarantee for free replacement for the first year after treatment completion. After that we will charge a small fee of £150 to replace or repair your fixed retainer.

Because they are permanently affixed in the mouth (as it stuck in full-time) the success of the process doesn't rely on the compliance of the patient. No one has to worry about losing the retainer or forgetting to put it in because it will always be there. Sometimes we cannot place a fixed retainer as the teeth have been restored with metal or ceramic and that makes it impossible to glue the retainer on. If your teeth were heavily rotated or you had large amount of spacing before your treatment, fixed retainers could do a better job of holding them in place more securely. If the fixed retainer is being removed, the teeth might relapse and change position.

### Removable retainers

Removable retainers are mostly clear, tightly fitting splints that are specifically cast for the teeth of the patient to maintain the new position of the patient's teeth, but there are many more retainers and the orthodontist will decide what is best for you.

These retainers should be examined on a regular basis to ensure that they are in good condition. We recommend in the first year to come back every 3 months, second year every 6 month and after once a year. Regardless of which retainer is chosen by your orthodontist and yourself, the crux of the matter is that retention is a crucial aspect of any orthodontic treatment. Without it, you would have to go back to square one and start potentially years of orthodontic work from the beginning. Protect your investment and time; use a retainer!

### Essix retainers (per jaw £150)

Your retainers will need replacing every few years and your orthodontist will advise you when to change them, there will be a laboratory charge per replacement retainer.(£150 each)

### Vivera Retainers (£500 – 3 pairs)

Vivera retainers are very similar in appearance to the aligners used in Invisalign but are, instead, worn for extended periods of time as opposed to be replaced every two weeks. Invisalign patients often find that using Vivera retainers (which are the brand developed by the maker of Invisalign) is the best choice for them. They also come in 3 identical pairs, just in case you lose one; you have next pair to replace with.

## CONSENT FOR REMOVAL OF ORTHODONTIC BRACKETS AT THE END OF TREATMENT

I consent that I am happy with the result of my orthodontic treatment and the removal of my braces and to have removable retainers. I understand my teeth will most likely stay in the current situation if the retainer is being used as prescribed by the orthodontist.

I understand that I have to follow the orthodontist's advice to :

1. Wear my removable retainers 15-18 hours a day (including sleeping) for the first 7-9 months followed by "night-time for life-time" wear.
2. Do not wear my removable retainers during eating to prevent damage.
3. Keep my removable retainers in the case provided when not wearing them.
4. Maintain my scheduled retention appointments as prescribed by my orthodontist.
5. Bring all removable retainers to my retention appointments.
6. You must make sure that your retainers fits perfectly fine on your teeth on every review appointment.
7. **Contact** the clinic **immediately** if my retainer breaks or is not fitting properly. This usually indicates that you are not wearing retainers and/or your teeth moved.

If retainers are not worn the teeth might relapse to their original position and retainers will no longer fit. The only time the removable retainer should be removed is when you clean your teeth, eat or play sports. To clean your removable retainers, please use a tooth brush and once a week clean with "Retainer Brite" which is developed especially for cleaning retainers.

### Lost or Broken Retainers

Your retainers are made using only the best possible material. If a retainer is lost or damaged, call our clinic immediately to schedule an appointment. There will be a laboratory charge per replacement retainer.

Your orthodontist will advise when you need to see them next. Please also continue seeing your Dentist for check-ups and hygiene.

I have read and understood the above information.

I have had an opportunity to ask any questions and I have had those questions adequately answered.

I have refused fixed retainer option that was given to me. Yes  No

### Patient/Parent/Guardian

Signature	Date
Name (Print)	

**Orthodontist/Dentist**

Signature

Name (Print)

Date