Please read carefully!

Congratulations on reaching the last stage of your orthodontic treatment!

At the end of orthodontic treatment you will need devices called retainers. Retention is the final phase of orthodontic treatment, after the braces come off. Wearing your retainers is one of the most important stages of the treatment: once the fixed braces are removed, the teeth tend to move back to where they were before treatment, and the bite you worked so hard for is lost.

Not wearing your retainers as instructed can lead to unwanted tooth movement and may mean starting the treatment again.

Follow these rules and you'll have the smile you've always wanted!



Fixed retention



In some cases you will be advised to wear a fixed retainer: a thin wire bonded to the inside of the teeth to stop them moving.

The retainer should be checked by your orthodontist every 6 months.

If you notice it has come loose anywhere, contact us right away.

Removable retainers



A retention tray is a clear, rigid sheet that fits your teeth exactly and keeps them in the right position.

The trays **must be worn all the time for the first three months, 20 hours a day in the fourth and fifth months, and every night without exception for 6 months.** If they aren't worn exactly as instructed, the teeth can move, and correcting that may mean new fixed braces!

If a tray is lost or damaged, a new one must be made urgently, before the teeth start to move.



How do I look after my retainer?

- Clean the tray by rinsing it under running water, and put it on well-brushed teeth.
- A few times a week, soak it in warm water with a cleaning tablet (Corega): the active oxygen it releases kills germs.

Recommendations:

- Don't wear the retainer while eating. When you're not wearing it, keep it in its case, so it doesn't get lost or damaged.
- Come back for a check-up 2 months, 6 months, 1 year, 2 years and 5 years after the end of the treatment, or whenever there is a problem.

The benefits of orthodontic treatment will last a lifetime if you take care to keep the result.