

You have just had your fixed braces removed and probably wondering why you have to wear another type of brace.

Your teeth will continue to move once the fixed braces have been removed; retainers will stop this from happening. If retainers are not worn your teeth will tend to return to where they started from!

It is therefore very important that you wear them as recommended by your orthodontist; otherwise your treatment with the fixed braces will have been a waste of time!

### **How will they affect me?**

Your speech may be different for a short time – it will take you time to get used to them. Read out loud to yourself at home – this will help your speech return to normal.



### **Can I eat normally?**

Your orthodontist will tell you whether or not you need to remove the retainers to eat. You need to avoid sticky sweets and chewing gum, fizzy drinks and too much fruit juice.

### **How long will I have to wear them?**

Retainers are usually worn for a year after treatment. Whether this is full or part-time will depend on the type of retainer that you have been given and how complicated your treatment was. Your orthodontist will advise you.

## **What about cleaning?**

It is very important that you keep your teeth clean when wearing retainers. They will need to be removed to clean your teeth (unless they are a fixed type), and retainers will need cleaning too. They can be cleaned with a toothbrush and some toothpaste, but it is advisable to soak them from time-to-time in a special solution called 'Brace Mate' (available from most pharmacies).

**Avoid using hot water, as this may damage some types of retainers.**

## **Other important points about your retainers**

- The retainers (if removable) should be removed for contact sport.
- Keep them in a protective box when you are not wearing them.
- If you are a keen sportsman/woman, get a gum shield made (ask your orthodontist/dentist).
- Keep going for regular 'check ups' at your own dentist whilst wearing the retainers.
- You still need to be seen regularly by your orthodontist.

If you lose/break your retainers, please contact the department as soon as possible:- Tel. No:- 01633 – 234516

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