



If you are happy with your treatment here, why not tell your friends about us?

We highly value the quality of our service and treatment and welcome any comments or suggestions you may have.

If you have any problems in the future or if there is anything that you are unsure of, please do not hesitate to contact us.

Good Luck



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Our office hours are
Mon - Thurs 8:00am - 5.15pm
Fridays 8:00am - 4:15pm

Our surgery hours are
Mon - Thurs 8:00am - 5:30pm
Fridays 8:00am - 4:30pm



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Our quality is
reflected in your
smile

Harpenden
Orthodontics

Goodbye and Farewell

- ☒ Modern thinking is that retainers should be worn for as long as you want your teeth to be straight.
- ☒ Teeth move throughout our life, the best way to guarantee keeping your teeth straight is to continue to wear your retainer at night.
- ☒ If you do not wear your retainer as instructed your teeth will move.

You have now reached the end of your orthodontic treatment and it is time to say goodbye. Your teeth will keep on moving for the rest of your life because they are surrounded by living gum and bone tissue which constantly remodels itself as an ongoing biological process. Most of the tension created by orthodontic treatment within the fibrous structures surrounding the teeth should have disappeared by now and the muscular system surrounding the teeth will have accommodated the changed positions of the teeth.

If you have been meticulous in following retention instructions given to you, your teeth should still be straight. the retainers are the final control you have over the position of your own teeth.

There is a natural tendency for teeth to become more crowded as you get older, even in individuals who have never had orthodontic treatment. This mainly occurs in the lower front teeth and is normally fairly unobtrusive. **Modern thinking us that retainers should be worn for as long as you want straight teeth.** Any tightness will tell you that the teeth have moved and the amount of time you wear your retainer should be increased.

Please do not spoil the result you have worked so hard for by not wearing your retainer as advised. The only way to guarantee keeping your teeth straight is to wear your retainer every night. If you do not wear your retainer as instructed your teeth will move back to how they were before treatment.

You are now the master of your own destiny because we relinquish control over the teeth by removing the braces and it is up to you to keep your teeth the way they are.

If you forget to wear your retainer and it feels tight, then wear it for 2 days full time except when eating and drinking. This is often enough to squeeze the teeth back into place.

It is important for you to know that if you damage or lose your retainer there will be a charge for a replacement and you will be advised of this cost prior to ordering.

Retainers should NOT be worn while eating or drinking hot liquids. When the retainers are removed they should be kept in a **Retainer Box** to avoid loss or damage.

Remember to keep your teeth and gums clean and healthy by brushing morning and evening using a medium toothbrush and fluoride toothpaste. You must remember to take care of your retainers as you will still need to wear them on a regular basis. we recommend **Retainer Brite** to clean your retainer. It is specially designed to clean retainers without causing damage and leaves them with a fresh clean taste, but please **DO NOT CLEAN OR RINSE THEM IN HOT WATER** as this will distort the retainers.

Oral health advice is available from our qualified staff at all times - just ask!

