

Failed appointments represent loss of valuable clinical time and a missed opportunity for another patient to see and orthodontist. It is prohibited to levy any charge for failed appointments in accordance with NHS regulations introduced by the Government on 1st April 2006. However, the regulations allow for treatment to be terminated following 3 missed appointments. Please do not place yourself in such a position, as it will most certainly lead to disappointment, an incomplete result and being unable to be offered NHS care in our practices in future. Re-booking of failed appointments will be done at the next available appointment time, which may not be the most convenient time for you. You should be aware that we may not be able to offer a convenient appointment for you for some time.

Please remember that the majority of our patients are at school and prefer appointments after school. This is obviously impossible from a practical point of view. It would therefore be helpful if you could bring your school timetable with you to enable us to choose an appointment at a convenient time.

If you are happy with your treatment here, why not tell your friends about us? Or post a review on google.



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Our office hours are  
Mon - Thurs 8:30am - 5:15pm  
Fridays 8:30am - 4:15pm

Our surgery hours are  
Mon - Thurs 8:00am - 5:15pm  
Fridays 8:00am - 4:15pm



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Fridays 8:30am - 4:00pm

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Our quality is reflected in your smile



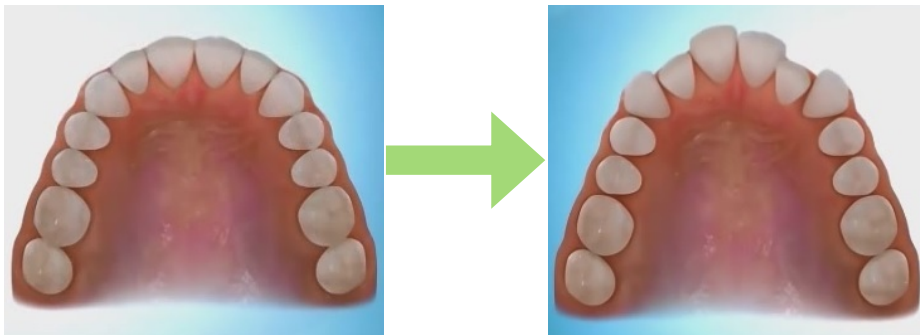
## Removable Retainers

- You are advised to wear your retainers all day and night for two days, then sleep with them in every night.
- Modern thinking is that retainers should be worn for as long as you want your teeth to be straight for.
- Teeth move throughout our life, so the best way to guarantee keeping your teeth straight is to continue to wear your retainers at night.
- If you do not wear your retainers as instructed, your teeth will move back towards how they were before treatment.
- Retainers are made from quite sturdy, hard-wearing plastic and do not last a life-time, even though we recommend you wear them indefinitely

CONGRATULATIONS, you have now reached the end of the active phase of your orthodontic treatment, and we would like to thank you for the time and effort you put into helping us obtain this result. We hope you are happy with your new smile and found the treatment worthwhile.

Please do not spoil the result you have worked so hard for by not wearing your retainers as advised. The modern thinking is that retainers ought to be worn for as long as you want straight teeth. The only way to guarantee keeping your teeth straight is to wear your retainers every night. If you do not wear your retainers as instructed, your teeth will move back towards where they were before treatment.

Wear your retainers full time for two days, but remove them when you are eating, drinking, cleaning your teeth and when playing contact sport. After these two days wear them every night.



Your teeth are relatively loose and you can probably feel this when you bite them together. This means that they are subject to being moved about by the normal forces of the lips, cheeks and tongue. It is therefore **imperative** that the teeth are retained in their positions to allow the supporting bone and soft tissue to grow back around the teeth again. It is for this purpose that retainers were designed.

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 retainers and they feel tight then wear them for 2 days full time, except when eating and drinking. This is often enough to squeeze the teeth back into place.

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.

We recommend **Retainer Brite** to clean your retainers. 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.

All these items are available in our **Retainer Care Kit** which can be purchased at reception. This also includes a medium headed toothbrush for cleaning your teeth



We oversee retention for our NHS patients for **1 year**. **Please make sure to bring your retainers to these appointments** so we can check their condition and how they are fitting. It is essential you attend these appointments as, if there are any problems with your retainers or tooth movement, it can be addressed at an early stage.

If in the meantime you can't wear them for any reason or lose them, please contact us as soon as possible. If you leave it too late, your teeth will have already started moving back and may even require having a brace back on again.

Your retainers are provided by the NHS, but if you lose or break them **the cost of replacement is charged to you**. Details of current NHS charges are displayed in the waiting room and are available from reception.