

You are now the master of your 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 removable retainer and it feels tight, then wear it for 2 days full time. This is often enough to squeeze the teeth back into place.

We oversee retention for our patients for 1 year. Please make sure to bring your retainer to these appointments so we can check its condition and how it fits. 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.

If you lose or break the retainer, the present cost of replacement are available at reception. You will be advised of this cost at the time of ordering.

Please bring your retainer with you to your appointments.

If you are happy with your treatment here, why not tell your friends about us? Patients do not need to be referred by a dentist; they can just give us a call and refer themselves.



60-62 high street, harpenden
hertfordshire, AL5 2SP
smile@harpendenorthodontics.com
Telephone 01582 465 200
Fax 01582 465 202

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



13 st peters road, st albans
hertfordshire, AL1 3RU
smile@stalbanorthodontics.com
Telephone 01727 833 304
Fax 01727 763 067

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

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



Our quality is reflected in your smile



Removable & Fixed 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, 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.

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.

Fixed Retainers

Today we will fit your fixed retainers. the fixed retainer is stuck to the back surfaces of the front teeth. The fixed retainer is very hard wearing and will on average last 5 years. It is possible that you might require replacement in the future. We suggest that you ask your dentist to check whether it is in good repair whenever you go for a regular check-up. we advise that the retainer remain in place indefinitely and that any breakages of the retainer be delay with at your earliest convenience. It is recommended that you wear a removable retainer over your fixed retainer, every night.

The fixed retainer is fairly self-cleansing but requires the same oral hygiene techniques you would have used during your active treatment. We advise that you floss at least once a day and remember to slip the floss underneath the retainer in between the teeth. Superfloss has a stiffened end which slips underneath the wire more readily. Or if you prefer you can use TePe brushes.



Removable Retainer

You should wear your upper removable retainer full time for the first two days, then every night after this.

Removable retainers should NOT be worn while eating or drinking hot liquids, when the retainer is removed it should be kept in a **Retainer Box** to avoid loss or damage.

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 them.

All these items are included in our **Retainer Care Kit** which will be given to you before you leave. This also includes some TePe brushes and a medium headed toothbrush for cleaning your teeth and for gently brushing your retainers.



Please do not spoil the result you have worked so hard for by not wearing your retainer 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 removable retainer every night. If you do not wear your retainer as instructed your teeth will move.