

Instructions for the wear of a Retainer

1. It is very important that you wear the retainers as you have been advised, otherwise your teeth will relapse.

Relapse can occur very quickly.

For 3 - 6 months you will need to wear the retainers ALL THE TIME.

2. Chewing can feel strange at first, but this will improve after a few meals. **YOU MUST LEARN TO EAT WITH THE BRACE IN YOUR MOUTH.**

Speech may be altered when the appliance is first fitted, but it will return to normal, practice reading out loud.

3. It is essential to keep the brace and your teeth clean. Take the appliance out for cleaning your teeth. The brace also needs to be brushed to remove plaque and food debris.
4. Avoid all sticky, chewy foods, especially toffees as these will damage the brace.
5. If the appliance is uncomfortable, painful or damaged in any way please telephone for an early appointment. **DO NOT** wait until your next scheduled appointment. **IF THE BRACE IS VERY BADLY BROKEN OR LOST YOU WILL BE CHARGED FOR ITS REPLACEMENT.**
6. Please continue to see your own dental surgeon for normal dental care.
7. **REMEMBER TO WEAR THE RETAINERS, OR YOUR TEETH WILL NOT STAY STRAIGHT.**