



# Removable retainers

Retainers will keep your smile looking its best after braces

## How to wear your removable retainers

- You'll need to wear your retainers every night unless your orthodontist tells you otherwise
- Remove your retainers to eat, drink (water's okay), brush your teeth and for contact sports
- After three months, we'll check your retainers and give you advice on future wear

## How to care for your removable retainers

- Once a day, brush your retainers with a toothbrush under **cold** running water (hot water could distort the shape of your retainers)
- Don't use toothpaste to clean your retainers – it's slightly abrasive and could leave scratches
- Once a week, use a retainer cleaner like Retainer Brite to keep your retainers sparkling



## Emergencies

If you lose or break your retainers, please contact us for advice.

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[www.splashorthodontics.co.uk](http://www.splashorthodontics.co.uk)

For the latest retainer prices, please visit our website or contact reception.



## Protect your retainers

*When you're not wearing your retainers, keep them safe in their protective case. Don't wrap your retainers in tissue, and keep them away from pets.*



# Fixed retainers

Enjoy extra peace of mind with fixed (or bonded) retainers

## How to clean your fixed retainers

It's essential to maintain excellent oral health with fixed retainers.

- Brush your teeth and retainers for two minutes twice a day using a toothpaste that contains fluoride
- Use mouthwash once a day between brushing
- Clean between your teeth using an interdental brush, a water flosser or Superfloss (you won't be able to use traditional dental floss)

## How to care for your fixed retainers

Your fixed retainers are attached with dental glue, so occasionally they can come loose. Take extra care to prevent breakages.

- Avoid biting into anything hard, chewy or sticky, for example, toffees, lollipops or crusty bread
- Cut up hard foods into bite-size pieces and chew them using your back teeth



## Breakages and repairs

If your fixed retainer detaches or breaks, contact us to arrange an emergency appointment. Wear your removable retainer in the meantime to stop your fixed retainer from moving. Private treatment includes one year of aftercare. After this time, charges will apply for repairs and replacements. Please ask our reception team for more details.

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