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NHS ACE Retainer Information

Congratulations on completing your orthodontic treatment. The next stage for treatment is to wear retainers to keep them in the position they finished above.

Important information relating to retainers.

Whilst there are many different types of retainer braces, they are all designed to maintain your teeth in the position the day your fixed braces were removed. It is essential that you follow the instructions that your orthodontists give to you at each appointment as things can vary for each patient at each visit. This information is seen as guidance and if it varies from any other advice given by your orthodontist, please confirm with your orthodontist what they would like you to do.

Wearing your retainers

Your removable retainers are worn initially full time, day and night for a period of two days. We advise that you remove your retainers for eating, cleaning your teeth, and any contact or water sports (i.e. swimming). If your retainers are not in your mouth please keep them in a hard box or retainer case. **We will provide you with a box and retainer cleaners from reception.** Retainers that are not in a box are more likely to be damaged or lost.

Following the first two days of full time retainer wear we advise you to wear your retainers every night, if you want to guarantee that your teeth do not move in the future. We will review your progress periodically and will finish monitoring your retainers after around twelve months.

New retainers can be initially a **little tight**. You may also experience some **excess saliva** as your brain thinks the new retainers are food and therefore you make Saliva. It is also usual to have some **speech changes** initially however all of the above problems get better within a few days as your mouth adapts to your new retainers. **Speech problems that persist are normally a sign that the retainers are not being worn full time.**

If you reduce the time you wear your retainers then your teeth may move. You can find the retainer becomes tight and more painful to wear. If this happens it is a sign that your teeth are moving. We would recommend that you wear your retainers more often (e.g. every day) or more time during the day (evenings and night times or even full time). Once the retainer becomes easier to wear, this normally indicates that the teeth are in a position similar to when the retainer was first fitted. **If a retainer stops fitting or it becomes too uncomfortable to wear**, then please contact the practice to see if the retainer can be adjusted to help it fit better or to assess if a new retainer will need to be made.

We monitor our patients for a period of twelve months following the removal of their braces so long as they are still wearing the retainers. After this period we discharged our patients from our care. **You should continue to visit your regular dentist for routine check-throughout your orthodontic treatment including the retention phase.**

Care of your teeth and retainer:

It is still important to keep your teeth spotlessly clean during retention. Make sure that you brush them twice a day for 3-4 minutes with a small headed toothbrush. You need to brush your gums as well as your teeth. Use a **fluoride toothpaste** and rinse with a **fluoride mouthwash daily**.

Remember to clean your retainers with your toothbrush daily but without toothpaste as it scratches the plastic. You can also use a brace cleaner to keep your brace fresh (e.g. Vitis orthodontics tablets). **Please remember to use cool water as hot water will distort the retainer.**

Cost for replacement retainers:

If you lose your retainer or break it so badly that it needs to be replaced there is a replacement charge for each retainer. We also charge to repair broken retainers if not due to the usual wear and tear of putting the brace in and out of the mouth. Retainers may also need replacing following new or replacement restorations.

The current cost of a NHS replacement retainers is **£84.80** each retainer, but after you have been discharged from our practice at the end of 12 months the cost to replace a retainer is currently £90 plus a £35 retainer replacement consultation fee.

If your teeth move during the twelve month NHS retention period because you have not worn your retainers as instructed or after you have been discharged from our practice, then any retreatment to realign the teeth will only be offered on a private basis.

All fees for replacement or repairs to the brace are payable before the brace can be sent away.

All prices are subject to change, please ask reception for up to date prices if you need this service.

Broken or Lost Retainer Appointments – During working hours please contact the practice on 01784 273880 and book an appointment. Outside these hours please leave a message on our answer-machine

Please ask your orthodontist if you have any questions.