



Oxfordshire Community Dental Service

# Removable retainers

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# Why should I wear retainers?

Retainers are an important part of your orthodontic treatment, they will keep your teeth in their new position.

If you do not wear them as instructed, your teeth may relapse (go back to how they were before braces), especially if your teeth were rotated (twisted) or there was spacing.

# When should I wear my retainers?

Please wear your retainers as your orthodontist has advised.

For 1 week wear them full-time (you can take them out for eating if you like, cleaning and contact sports when you wear a sports guard instead).

When out of the mouth, keep them in a protective box.

Then wear at least 14 hours per day (overnight and more). For example, out for school, then in the evening and overnight or at weekends, up until lunchtime, then overnight.

After 3 months you can wear them just overnight but wear them more if you think your teeth are moving.

A year after the braces have been removed, we advise you to wear your retainers at least 1 to 2 times a week.

Again, wear them more if you think your teeth are moving.

## How do I clean my retainers?

- ✓ Clean your retainers **WITHOUT** toothpaste, but with liquid hand soap or plain water over a sink of cold water.
- ✓ Never use hot water — the retainers may distort.
- ✓ Once a week you may like to soak your retainers in a proprietary cleaner for retainers e.g. "Fresh & Go" from "OrthoShop" (Top tip—just use ¼ tablet and ¼ the amount of warm (not hot) water).

## What happens if I lose or break my retainers?

If you lose or break your retainer in the first year of monitoring, they can be replaced by us.

There is an NHS charge for this whether you are exempt from NHS charges or not – this can be reclaimed via an online form at the discretion of the NHS BSA. We can arrange for an impression and payment to be taken, and the retainer fitted a week later.

We will review your retainer wear over 12 months, then discharge you from our care and back to your dentist for long-term monitoring.

Currently we have an arrangement with our laboratory, Sinclair Orthodontics (01942 496234). They keep a digitised electronic

record of your teeth in the position they were in when your braces were removed.

When you need replacement retainers, you can deal directly with them. However, if you have not worn your retainers and your teeth have moved, a new scan/impression will need to be taken.

This is a service we are no longer able to offer on the NHS. Please contact your dentist for advice.

I agree to wear my retainers as instructed

Name of patient: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witnessed by: \_\_\_\_\_

Name: \_\_\_\_\_

GDC Number: \_\_\_\_\_

# Keeping your teeth healthy



Brush your teeth twice a day, once before bed and at one other time.



Brush for 2 minutes using a family fluoride toothpaste. Spit don't rinse.



Use:

- 1350ppm-1500ppm fluoride toothpaste
- Dental floss and interdental brushes (which clean in between your teeth).



Visit your dentist regularly, as often as recommended.

# Food and drink for healthy teeth



Water



Milk

Drinks without sugar like milk or water help protect your teeth.



Vegetables



Nuts



Cheese

Savoury foods like vegetables, nuts and cheese are good for your teeth



Reduce how often you have sugary foods/drinks. Try to keep them to mealtimes only.



Watch out for hidden sugars found in fruit juices, smoothies and sauces.

## Good oral health can help prevent:

- i** Tooth ache, tooth decay, gum disease and bad breath.
- i** Heart disease, stroke, premature birth.

Use this QR code to find all Oxfordshire Community Dental Service leaflets. You can also access them in an accessible format.



# Accessibility

An accessible version of this leaflet can be found on our website: [www.oxfordhealth.nhs.uk/cds](http://www.oxfordhealth.nhs.uk/cds)

If you need the information in another language or format, please contact us.

## Get in touch

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## Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

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