



Retainer Instructions and Consent

Now your braces have been removed you will have been provided with a set of removable retainers. These clear plastic retainers are designed to hold your teeth in their new positions.

Retention is a very important part of your overall treatment and must be continued long term. Everyone's teeth can move throughout life whether or not they have had orthodontic treatment.

If you stop wearing your retainers or do not wear them as instructed there is a chance that you will have relapse (relapse is when teeth move back towards their original positions). This could result in you needing corrective treatment which is not included in the original treatment plan.

It is not possible to predict who will relapse and who will not, so we advise everyone to wear retainers. Initially, you will be advised to wear the retainers on a full-time basis.

The retainers are removed when cleaning, eating, and drinking anything other than water. After this the retainer wear will be reduced to 16 hours a day. Then gradually down to 12 hours. The 12 hours of wear will continue for the first 12 months after the braces or active treatment has been completed. Ideally the retainers need to be worn forever, or for as long as you want to maintain the orthodontic result. After the initial 12 months, you can reduce the retainer wear to sleeping hours (minimum of 8 hours of wear). If the retainers start to feel tight, just return to 12 hours.

Retainers should be removed for brushing your teeth, eating drinking (except plain, still water) and sport. They should be looked after carefully to avoid breakage or loss. You will be shown how to carefully remove and fit your retainers. To correctly remove your retainer, use one finger on each side to prevent flexing and twisting as you pull the retainer out of your mouth. Following these directions is essential to prevent your retainers from breaking e.g., removing them incorrectly can cause them to split in the centre. If you have a tooth clenching or grinding habit, you may need to have your retainers replaced frequently due to these habits causing wear or breaks to the retainers.

Keep them in a rigid retainer box when they are not being worn in your mouth.

Never wrap them in tissue or place them in your pocket, it is likely they will be thrown away or get broken.

To keep retainers clean, brush them with a toothbrush on both sides, it is not necessary to use toothpaste. Alternatively, cleaners such as "Retainer Brite" can be used, or a Dental Pod Cleaning System from Zima Dental https://zimadental.co.uk/products/ultrasonic-retainercleaner?qclid=EAiaIQobChMIqeS6xrm4_gIVTYBQBh2Y2wh3EAAYASAAEqIq3fD_BwE.

You must not use hot water or place your retainers in the dishwasher.

There is a charge for replacement retainers if they are lost or broken. If you had Vivera retainers fitted by us, we can order these without seeing you, but only if your teeth have not moved. We can let you know how much this is likely to be when you get in touch. If you have a 3D printed model, please keep this as we may be able to use this again in the future to make a new retainer

Jane Cliff will monitor your retention for 12 months after active treatment. If you notice any movement or breakage, even a crack in your retainer please let us know immediately. This way we can prevent the teeth from moving.

It has been explained that if I need a replacement retainer immediately (next day) I will need to attend 5 Dental & Skin for an impression of my teeth. Replacing a broken or non-fitting retainer immediately is the only way to stop teeth from moving.

Vivera retainers are made from the digital study model and are made off site, due to this there is a delay, this can be long enough for some orthodontic relapse to happen.

Please sign to acknowledge receipt of these instructions. They are also available on our website.

Signed Patient

Signed Parent

Date -