



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

### **Your Removable Retainer**

We recommend you wear your retainer for 8 Weeks full time and thereafter at night time only. We will organise a review appointment a year after the fixed appliances were removed.

Wear your removable retainer as instructed and only remove for eating, cleaning your teeth and sports that require you to wear a mouthguard. When not in your mouth it should be kept in a brace box to prevent loss or damage.

After eating, clean your teeth and replace your retainer. Do not clean your clear plastic retainers with toothpaste as this will cause them to take on an opaque appearance thus, becoming more visible.

Do not clean your retainer in hot water.

*You must continue to see your regular dentist for check-up appointments throughout your orthodontic retention phase.*

If you are unable to wear the retainer for any reason please contact the practice straight away for advice.

If you do not wear your retainer as instructed – your teeth may move!

You have been given your Study models in case we need to remake your retainers. We do not have the space to keep everyone's models on site. These cannot be disposed of in domestic waste so if you do not wish to keep them in the future please return to the practice for us to dispose of.

A charge will be levied for retainers lost or damaged beyond repair. The fee is in accordance with the NHS regulation 11 Act. The current charge for this is £80.70 per retainer. (April 2019).

**NOTE:** One year after debond the fee will be £100 per retainer.

### **Your Bonded Retainer**

The permanent wire behind your teeth, if broken, will be repaired free of charge up to one year following debond. However, care should still be taken with regards to what you eat and how you clean your teeth to prevent damage to the wire.

The fee one year after debond is £100 for replacement and £50 for repair (2019)

***Please remember your retainer is only working when it is in your mouth!!***

***Please remember to bring your retainers to your appointments.***

Please call us on 01473 636991 during normal working hours, if you have any problems with your removable retainer. Out of hours 111.



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