

## Retention Instructions

1. This appliance should be worn (***tick as appropriate***)
  - Night time only
  - 6 weeks full time and then night times only
  - 4 month full time and then night times only
2. When playing contact sports or swimming it is advisable to take the appliance out of your mouth and place it in a safe container labelled with your name and address on it.
3. After each meal and before going to bed the appliance should be removed from your mouth and cleaned with a toothbrush. You should also clean your own teeth at the same time.
4. Sweets and chewing gum in particular should be avoided while you are wearing your retainers. Do not eat or drink anything other than tepid or cold water whilst wearing your retainer.
5. If the appliance cannot be worn for any reason, or becomes bent or broken, contact the practice to arrange an appointment as soon as possible.
6. Some patients experience slight speech problems. This is a common occurrence and normally lasts for a few days only.
7. It is essential that you maintain normal visits to your family dental practitioner for the continuation of regular dental care and routine check-ups.
8. This practice runs on an appointment system, therefore, if you are late attending for an appointment you may have to wait until the end of the clinic when you will be seen to check your appliance is still intact. It is therefore important that you attend on time in order to make full use of the time allocated.
9. Please remember, you have undergone a lot of treatment and the retainers are there to maintain the result that you have achieved. Failure to wear the retainers as directed may lead to slippage of the end result which cannot then be rectified unless braces are worn again.

When contacting the practice please have your details available.

Please note there will be a charge for each replacement appliance.

*Our DNA is Choice, Quality and Care*