

## You will be treated

You will be treated under the care of Consultants:-

Mr J.D Muir

Mr J Shah

Mr J.M Scholey

Miss K Juggins

Miss L Mangnall

Miss S Kotecha

We are a teaching department so we have other dental care professionals that may participate in your treatment. Our department staff includes Senior Registrars, Registrars, Clinical Assistants and Dental Nurses.

## You will be treated under

**Tel No: 674653**

Monday to Friday

9.00am to 1.00pm

2.00pm to 4.30pm

## Visit our Website

[www.uhns.nhs.uk](http://www.uhns.nhs.uk)

Click on 'our services'  
then  
'orthodontics'



University Hospital of North  
Staffordshire

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### Retainers



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## Retainers

- ◆ Your retainers are as important as your braces. If you do not wear your retainers as instructed your teeth **will** move back towards how they were before treatment.
- ◆ They are to be worn full time for 2 weeks. Then every evening and night until your consultant advises you otherwise.
- ◆ To guarantee keeping your teeth straight then continue to wear your retainers at night times only. It is a fact that teeth will move through your lifetime.
- ◆ Clean your retainers with a toothbrush and water, do not use toothpaste as this will discolour the retainer.
- ◆ The retainers can be freshened up using a special cleaner called “Retainer Brite”, or ‘Effer-ves’ Avoid hot water which can melt the plastic.
- ◆ You should never eat or drink when you are wearing the retainer.
- ◆ When you are not wearing the retainer it needs to be stored in a protective box.
- ◆ You must try and wear your retainers every night, if you miss a night then wear your retainer full time (except for meals) for 2 days. This is often enough to squeeze the teeth back into place.
- ◆ The retainers are your responsibility to look after and you may be charged **£20 - £30 per retainer** for a replacement if you have been careless in losing it. If you do lose your retainer please contact the orthodontic department as soon as possible.
- ◆ Your orthodontist will show you how to put the retainer in and take it out, it is important that you can do this for yourself before you leave today.
- ◆ If your retainer rubs you can smooth it with an emery board used to file nails. If this doesn't work then contact the department.
- ◆ It is very important that you bring your retainers to every appointment so that we can check and adjust them if required.
- ◆ If for any reason you cannot wear your retainers you **must** contact us.



Essix Retainers

### Other Instructions