

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

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