



INLINED[®]
ORTHODONTICS



CLEAR PLASTIC RETAINERS INSTRUCTIONS

- **YOUR NEW RETAINERS:** You should wear your retainers for the next twenty-four hours and then at night only until instructed otherwise. Remember; do not stop wearing retainers at night-time until your orthodontist says you can OR YOUR TEETH WILL MOVE!
- **KEEP THEM CLEAN:** Take the retainers out for eating and cleaning. To clean the retainers use a soft to medium toothbrush with running water and then we recommend using “**Retainer Brite**”, which is available from our receptionist. **DO NOT** clean retainers in hot water or they will distort.

...AND YOUR TEETH TOO! Remember to brush your teeth with a fluoride toothpaste and avoid fizzy drinks, including diet drinks, and excessive amounts of fruit juice. Continue to use a daily fluoride mouth rinse at night after tooth brushing.
- **KEEP THEM IN:** Your teeth may move if you do not wear your retainers so please contact us immediately if you have a problem. Broken retainers may be replaced free of charge but there is an NHS charge which is now over £60 each for lost retainers.
- **KEEP THEM SAFE:** Store the retainers during the daytime in a **retainer box** available from our receptionist and bring the retainers with you at each visit. Keep retainers away from dogs—they love to chew on them!
- **PLAY SAFE:** We also recommend wearing a gumshield, which can be bought from any sports shop, for contact sports, cycling, roller-skating or skateboarding.

AND PLEASE REMEMBER...

- Attend your next scheduled check-up with your dentist and regular check-ups and please tell us if you change dentist!
- Keep us informed of changes to your medical history or of any change of address!
- Retain all practice leaflets given to you and ask us if you are unsure of anything at all!
- These instructions and useful information can be viewed by visiting www.inlineortho.co.uk.
- A Statement of Manufacture of individual, custom-made laboratory appliances is available upon request. For more information, visit www.inlineortho.co.uk/stofman.



INLINED[®]
ORTHODONTICS



KEEPING YOUR TEETH STRAIGHT

Wear your retainers every night to ensure that your teeth stabilize in their new positions and to prevent any unwanted tooth movements.

- **WHAT HAPPENS NEXT?** Everyone may experience slight tooth movement as they get older, irrespective of whether they have had orthodontic treatment or not. This is due to the natural growth changes that occur with ageing. It is normal and most commonly affects the lower incisors.
- **KEEP THEM IN!** You, however, have been provided with retainers to keep your teeth in their new positions following your orthodontic treatment! Before we discharge you back to your dentist, we want to make you aware that, if it is important to you as an individual to prevent unwanted tooth movement, you will need to keep wearing your retainers, at least every other night, **indefinitely**.

