

# Expert retainer services to maintain your perfect smile...

**Retainer check-ups:** Regular appointments ensure your retainers fit and function properly. We'll monitor their effectiveness and address any concerns.

**Retainer adjustments:** Over time, retainers may need fine-tuning. Our skilled clinicians will make the necessary modifications to maintain a perfect fit.

**Retainer replacement:** If your retainer is damaged, lost, or no longer fits correctly, we provide prompt replacements to prevent unwanted tooth movement.

**Cleaning & maintenance guidance:** Proper hygiene is essential for your retainer and oral health. We'll provide clear instructions on how to keep your retainer fresh and effective.

**Bonded Retainer care:** For those with bonded retainers, we offer specialist cleaning advice and monitoring to keep your teeth and gums healthy.

## Why choose us?

**Expert care:** Our experienced dental professionals specialise in orthodontics and retainer care, ensuring high-quality service

**Fast and reliable service:** We provide prompt repairs and replacements for your retainers.

**Personalised treatment:** Every patient receives tailored care to meet their specific needs.

**Convenient appointments:** Flexible scheduling to suit your lifestyle.

**Friendly & supportive team:** Our welcoming staff are here to make your experience as comfortable as possible.

**Patient education:** We ensure you have the knowledge and tools to maintain your retainer effectively.

## Get in touch:

**Website:** [www.heskethlanedental.co.uk](http://www.heskethlanedental.co.uk)

**Telephone:** +44 (0) 1772 813881

**WhatsApp:** +44(0) 7535 724461

**Find us on:**

@HeskethLaneDental



HESKETH LANE  
DENTAL PRACTICE



Your guide to retainer care:

## What's next after Braces?

Discover how retainers play a vital role in ensuring long-lasting results.

# Caring for your Bonded (Fixed) Retainers;

Sometimes it's necessary to place a Bonded Retainer (fixed wire) behind the upper and/or lower front teeth to help maintain their alignment;

- It is important to keep the teeth and gums clean around the bonded retainer
- If the bonded retainer comes off (either partially or completely) you will need to seek treatment as soon as possible to avoid the teeth moving
- Brush and floss your teeth carefully
- Brush and floss your teeth daily, paying extra attention to the area around the retainer
- Use interdental brushes or Superfloss
- Avoid hard, sticky or chewy foods
- Continue to visit your regular dentist for check-ups



**Bonded (Fixed) Retainer**

# Caring for your Removable Retainer...

Follow your dentist's instructions for wearing your removable retainer(s). **Most people need to wear them every night for at least 8–10 hours to prevent teeth from relapsing or shifting.**

It is recommended to continue wearing your retainers every night for life, as age and hormonal changes can cause teeth to move, leading to crowding or gaps. Without retainers, teeth may return to their original positions.

If you notice that your retainer feels tight, this indicates slight tooth movement. Increase wear time to prevent further shifting.

If your retainer is lost or damaged, there will be a charge for a replacement. You may also need a new retainer if you undergo dental work, such as a filling, crown, or the emergence of wisdom teeth.

Finally, continue to visit your dentist for regular check-ups to ensure your oral health and retainer condition remain in good shape.



# How to care for your Removable Retainers;

This leaflet provides essential information to help you care for your new orthodontic retainer. The only way to maintain your teeth in their new position and prevent movement is to **wear your retainers as instructed.**

**If the retainer is not worn, your teeth will move.** It is important to look after your retainer and avoid any damage. You will be advised on how much you need to wear your retainer after it has been fitted.

Good oral hygiene is essential. **Always remove your retainers when eating, drinking, and brushing your teeth.** Clean your retainer with cold water and a small toothbrush – do not use toothpaste, as it may damage the material.