



INSTRUCTIONS FOR VACUUM FORMED RETAINERS

Your teeth may try to move throughout life due to growth/development or other biological changes and very minor movements can occur. It is strongly recommended to continue with 12 hours daily wear of the retainers on a permanent basis (for life) to prevent significant movement. The orthodontist cannot be responsible for any movement of your teeth if you stop wearing the retainer.

Exceptions: Eating, drinking, cleaning, sport, swimming

Care: - **Clean** COLD WATER, toothbrush, cotton bud - **DO NOT** use toothpaste, it will make the retainer brittle.

Soak daily in Retainer Brite in COLD WATER

Store in a container with a lid - these can be purchased at reception

Never in tissue/napkin, loose in pocket/bag

Keep away from pets - Dogs love to chew them!

Discomfort: If your teeth start to ache take pain relief and leave your retainers in for your 12 hours

Any Problems: Please give us a call and please note that if you have any issues with your retainer(s) then you do not need to be referred back to be seen by us, just give us a call!

If you need an appointment for a filling with your dentist take your retainers with you!

Please take good care of your retainers! Your NHS treatment includes 1 set of retainers – Should you have any pain, discomfort or think your teeth are moving then call to book an appointment ASAP to be reviewed.

Fees and review are covered for 1 year. NHS regulation II fees apply for lost or broken retainers, link to current fees:

<https://www.nhs.uk/help-nhs-dental-costs/replacement-dental-appliances>

These prices change every April and are applicable. **After 1 year, private fees will apply.**

I accept that the success of my retention depends on me following the instructions that I have been given. If you wish to have a supervision appointment then please schedule this within 12 months of your brace removal.

Signed.....

These retainers have been made exclusively for:

.....On.....

Based on a prescription by Rupinder Sidhu and manufactured at Southampton Orthodontic Centre, 43-44 Bedford Place, Southampton, Hampshire, SO15 2DG.

The vacuum formed retainer is a custom-made device built from an impression of the patient's dental anatomy and thus is intended for exclusive use by the patient mentioned above.

Southampton Orthodontic Centre declares that the product listed is in conformity with the essential requirements and provisions of the Council Directive 93/42/ECC, Annex I.

IF YOU FEEL YOUR TEETH ARE MOVING YOU CAN WEAR THE RETAINERS FULL TIME DAY AND NIGHT (BAR THE EXCEPTIONS ABOVE) AND THE TEETH MAY SETTLE / IMPROVE IN ALIGNMENT. YOU MAY REQUIRE PAIN RELIEF BUT MUST KEEP THEM IN. ONCE HAPPY THEN GO BACK TO 12 HOURS PER DAY.