Your Removable Retainers
Information for patients, relatives and carers

For more information, please contact:

Department of Orthodontics
The York Hospital
Wigginton Road
York, YO31 8HE
Tel: 01904 631313

Scarborough Hospital
Woodlands Drive
Scarborough, YO12 6QL
Tel: 01723 368111

Caring with pride
Congratulations! You have just had your braces removed. Your orthodontist has given you your removable retainers. These are very important as they keep your teeth straight after your braces have been removed.

What can I do to help my treatment?

- **Wear your retainers as instructed by your orthodontist**
  
  Your orthodontist will tell you how often to wear your retainers. If you don’t wear your retainers your teeth might move back to the position they were before you had treatment.

- **Don’t eat or drink with your retainers in**
  
  Food and drink can get stuck in your retainers and can cause a lot of damage to your teeth.
- **Keep your retainers clean**
  
  Clean your retainers with water and soapy water. Do not use very hot water or toothpaste to clean the retainer. You can occasionally soak the retainer in Retainer Brite.

- **Keep your retainers safe**
  
  Dogs love to chew retainers! They won’t fit your mouth afterwards. The safest place for your retainer is in your mouth or in the box that your orthodontist has given you.

- **Let us know if there is a problem with your retainer**
  
  If you lose or break your retainers, or your retainers don’t fit, call the orthodontic department on York 01904 726 408 or Scarborough 01723 342082 to arrange an appointment. Your orthodontist might need to take new impressions and there is usually a charge for replacement retainers.
- **Bring your retainers with you to appointments** so that we can check that they still fit.

- **Wear your retainers as long as you want to keep your teeth straight**
  
  Most people’s teeth move after braces. Everyone is different, some people’s teeth move more than others. If you want your teeth to stay straight after treatment, you should continue to wear your retainers for as long as possible.

- **Keep seeing your dentist for regular check ups**
  
  Your dentist will continue to check the health of your teeth and may provide you with replacement retainers after you have been discharged from the department.
Tell us what you think of this leaflet
We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact your orthodontist.

Teaching, training and research
Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)
PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.
Providing care together in York, Scarborough, Bridlington, Malton, Selby and Easingwold communities

Please telephone or email if you require this information in a different language or format

如果你要求本資訊以不同的語言或版式提供，請致電或發電郵
Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail
Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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