

# Andrea Ubhi Dental

## Invisible Retainers – Instructions for patients

### **What are retainers?**

Retainers are usually fitted as soon as possible after the fixed braces are removed. They hold the teeth in their new straight position. If retainers are not worn, your teeth will become crooked again. Indefinite wear of retainers is advisable in most cases.

**Please note:** If your teeth do go crooked because the retainers are not worn as instructed, we may not be able to re-straighten them for free.

### **When should I wear the retainers?**

You should wear them all the time for the first 48 hours, and every night thereafter or as your orthodontist advice.

**PLEASE NOTE:** If your retainers are lost or broken beyond repair, we will make a charge for replacement.

### **Keep your retainers clean:**

Clean your retainers with your tooth brush and cold water morning and night. Too much tooth paste might make them fuggy and less clear. Do not place your retainers in hot water.

We sell Retainer-Brite at reception, which also helps to keep the retainer clean. "Retainer-Brite" is specially formulated to clean plastic braces.

### **If you have problems:**

If you have any problems, e.g. if you have broken your braces, please telephone the practice on 01904 639667 during opening hours, and we will give you an appointment. If it outside opening hours, please leave a message on the answer machine, and we will get back to you as soon as possible.

### **Keep your appointments:**

If you fail to attend, or cancel your appointment at short notice, it may be several weeks before we can arrange another one for you. If more than one appointment is missed without a valid reason, we may not be able to continue to provide treatment for you.

**It is important that if you have a problem that you telephone us first. Please do not come to the practice without having telephoned us first, as we may not be able to see you immediately.**

23 Stonegate, York YO1 8AW  
01904 639667  
info@andreaubhi.com