

University Dental Hospital of Manchester
Orthodontic Department

Information for Patients

Instructions for Retainers

This is an information leaflet to help you manage with your new orthodontic retainer. The only way to maintain the teeth in their new position and prevent them from moving, is to wear the retainers as instructed.

If the retainer is not worn, the teeth will move, making it difficult, if not impossible to correct.

Removable Retainers:

Look after and avoid any damage to your retainer.



- You will be advised how much you need to wear the retainer after the fitting.
- It is important to keep the teeth very clean. Always remove your retainers for eating, drinking and brushing your teeth.
- Clean your retainer with cold water and a small toothbrush (no toothpaste).
- You will not need to be seen so often now the retainers are in place. Your orthodontist will arrange a further appointment for you.
- If your teeth move because the retainer is lost or broken, the treatment cannot usually be re-done.
- If there is a problem with your retainer within 12 months of your brace being removed, contact the orthodontic department as soon as possible. If it is more than 12 months since your treatment was completed, you should see your General Dental Practitioner.

There will be a charge for lost or broken retainers currently £62.70 per retainer.

Bonded Retainers:

Sometimes it is necessary to place a bonded retainer (fixed wire) behind the upper and/ or lower front teeth to help maintain their positions.



- 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. If it is within 12 months of your brace being removed, contact the orthodontic department as soon as possible. If it is more than 12 months, you should first see your General Dental Practitioner who may be able to repair it for you. If they are unable to do so, you may require referral to a specialist orthodontist on the high street.

Retainer Appliance Care Pathway

Patient Name	Instruction Given	Comments
• Wear your retainers as instructed.		
• If your retainer is lost or broken, contact the Orthodontic Department as soon as possible.		
• There is a charge of £62.70 for a lost/ broken retainer.		
• Clean your retainer with water and a small toothbrush.		
• Keep your retainer stored in a secure box when it is not in your mouth.		
• If your teeth move because the retainer is lost or broken, treatment cannot be re-done.		
• If you have a bonded retainer it is important to keep it clean and have it regularly checked by your dentist.		
• PLEASE BRING YOUR RETAINERS TO ALL APPOINTMENTS.		
• After 12 months of supervised retention within the department you will be discharged. At this point, we will provide you with further instructions regarding the wear of your retainers. This is likely to involve indefinite night-time wear.		

Nurse signature:

Patient/ Parent/ Guardian signature:

Find out why wearing retainers is important by viewing this short video from the British Orthodontic Society - scan the QR code below



If you require any further information or advice you can contact the department on (0161) 275 6700 to speak to an orthodontic nurse who will be able to help you with your enquiry.

This number is available Monday to Friday 9.00 am to 5.00 pm.