

## Importance of Retainers - Patient Promise

Once teeth have been moved by wearing braces, the bone around the roots is soft and so the teeth are a little looser than normal. It takes some months for the bone to harden and the roots of the teeth firm up. It is therefore **essential** that you wear your retainers as directed.

You have a retainer per arch(upper and/or lower) included in the fees you paid for your orthodontic treatment - However, we will also give you duplicates as a gift. This means if you lose or break a retainer, you will have one for emergencies. If your retainer is not worn for even 24-48 hours the teeth can start to move back out of alignment (relapse). **Do not keep your emergency retainers with your usual ones in case you lose them!** We will give you two separate cases - please keep them in different places for this reason.

If you lose a retainer, then start wearing your emergency one and contact us to make a replacement. The fee for a replacement retainer is €95 (€125 if needed and made on the same day). If you do not wear your retainer as directed and your teeth relapse then we will need to put your braces on to make them straight again. **The cost of this is €500 per arch.**

Many people prefer the peace of mind provided by a bonded retainer that is cemented behind the six front teeth (cost €295). Even in this case we will gift you a clear removable retainer to wear over the top i.e for night time use in the first few months and then as an emergency measure if your other retainer breaks or comes unstuck.

You have invested time, effort and money to get your now straight smile. It is now **crucial that you look after it properly**. Clean your teeth and wear your retainers as directed, **call us as soon as possible** if you have a problem, have regular check-ups and hygiene with your dental healthcare professionals.

Some patients are more prone to relapse than others. However, we cannot predict who these patients are so we must treat everyone as if they are at risk.

### If only wearing removable retainers:

Months 1-3 - 20 hours per day

Months 3-9 - every night

After these months in total, wear the removable retainer for 15 minutes per day.

### If wearing bonded retainers:

Months 1-4 - wear removable retainers over the top of the bonded retainer every night.

Months 4-9 wear the removable retainer over the top of the bonded retainer every other night.

After the 9 months total, wear the removable retainer for 15 minutes per day.

I \_\_\_\_\_ understand the importance of retainers and that it is my responsibility to wear them. I understand and accept the consequences of not wearing them.

I promise to wear my retainers as directed.

Signed \_\_\_\_\_ Dated \_\_\_\_\_