



Caring for your pressure formed orthodontic retainer

This leaflet explains how to look after your orthodontic retainer.

Key points

- You have been given this appliance as part of treatment to help straighten your teeth.
- Your appliance is made from an acrylic-based vacuum formed material.
- Make sure you fit your appliance correctly, ensuring it clicks down over your teeth.
- Wear the appliance(s) as instructed by the orthodontist. Take them out for cleaning.
- Your appliance should be cleaned in cold water with a soft toothbrush and toothpaste when you brush your teeth. Rinse well afterwards. Do not use hot water as this will make your appliance go out of shape and it will not fit properly. A dirty appliance can damage your teeth.
- Sticky and very chewy foods can damage the appliance. Be sensible. Toffee and chewing gum are banned! Fizzy drinks will damage your teeth.
- If the appliance is damaged please contact the department as soon as possible.
- If you are in any doubt about how to care for or wear your appliance, contact the department.
- You should continue to attend your dentist for regular check-ups.
- Your appliance needs to be checked regularly so please attend all of your appointments.
- If you miss an appointment, please contact the department as soon as possible.
- If you do not wear the appliance as instructed, it could result in failure of the orthodontic treatment. The success of your treatment depends on you!

Contact us

Oral & Maxillofacial Department, Tel: 0118 322 8978 / 7139 or email: rbb-tr.cat1@nhs.net

Clinician: _____

Patient name: _____

Hospital number: _____

Materials used: _____

This appliance is custom made and is intended to be used by the above named patient. The patient is being treated at the Department of Oral & Maxillofacial Surgery & Orthodontics, Level 2, South Block, Royal Berkshire Hospital, RG1 5AN, by the above named clinician. This is a class 2a medical device and meets all the essential requirements set out in annex 1 of the Medical Devices Directive. If required, instructions will be given when the appliance is fitted.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.