

## A final word about retainers

We advise all our patients to **continue to wear their retainers long term** to hold the orthodontic correction we have achieved.

### Normal age changes

Normal age changes occur in the human body; in the mouth, these changes show up as **increased lower front tooth crowding and increased turning of twisted or rotated teeth.**

These age changes vary in severity and age of onset, although for most people they start to occur between the teens and 20's. The only way to prevent these changes is to wear your retainers.

### Our suggested retainer regime

We suggest you wear them **at least two nights a week.** If the retainers do not feel tight, it means that the teeth are holding in their position and, therefore, the retainers do not need to be worn as often. Conversely, **when the retainers feel tight,** it means the teeth are wanting to undergo these natural crowding tendencies – then the **retainers should be worn more.** By trying the retainers in twice a week and wearing them as needed (a minimum of twice per week) you can now be your own orthodontist.

### Bonded retainers

If you have a bonded wire retainer, it can be **left in place indefinitely** as long as your dentist checks it at your six monthly recall visits. They require more effort in cleaning and the bonding material does not last a life time. They are guaranteed for one year. After this time any corrections would be charged.

### Future repairs / replacement retainers

Nothing lasts for ever and your retainers will need replacing at some stage. The length of time that retainers last is highly variable and depends how well you look after them. When you feel they are ready for replacement we will be happy to replace your retainers although there would be a fee.

### Can I have treatment again?

**If you do not follow the guidance for retainers your teeth are likely to move. Treatment can be provided again, but only on a private basis.**