



RETAINER INFO AND AGREEMENT

1. After teeth have been moved, some form of retainer is needed to keep them in their new position. Teeth can tend to drift back towards to their initial position if retainers are not adequately used. This is especially true for adults.
2. Removable retainers can keep your teeth straight but they need to be worn for 6 months full time (except while eating), then every night while you sleep for 1 year. After this, wear the retainer(s) for 3-4 nights per week **FOR THE REST OF YOUR LIFE**. (retainers must be used for as long as you want your teeth to stay in their new position)
3. If the removable retainers are lost or broken there is a fee of £95 per retainer. It is wise to have a backup removable retainer at all times so you have a retainer to use if you lose or break your main retainer.
4. **BONDED RETAINERS** are also an option. The bonded retainer is a small wire that is bonded to your front 6 teeth and holds your front 6 teeth in place. This allows you to **NOT** wear your removable retainers (they are worn in lieu of a removable retainer). Some people may need both bonded retainers and removable retainers. The back teeth are **NOT** held by the bonded retainer. The back teeth usually don't move in a manner that affects the look of your new smile. They do tend to settle into your bite a bit better as time goes on.



example of a bonded retainer

5. You will not be able to floss normally in between your front 6 teeth if you have the bonded retainers. You can use an interdental brush or Superfloss to clean between your teeth by the gums. You may be able to thread floss under the bonded retainers. Every few weeks, check to make sure that you still can get floss through these areas.
6. If you notice any change to the position of your teeth, contact our office immediately and wear your removable retainers (if available) until you are able to be seen.
7. Retention is essential to ensure that your result is maintained. A removable or bonded retainer must be used indefinitely and if teeth shift significantly, braces are needed to move them back. There would be a charge associated with this. It is important that you notify us right away if you think you

are experiencing any shifting. When the shifting is minor, it can oftentimes be addressed without the need for braces.

I HAVE READ AND UNDERSTAND EVERYTHING WRITTEN ABOVE.

I, _____ (print name) consent to undergoing orthodontic treatment and confirm that I have read and understood the contents of this document. I have had the opportunity to ask questions and understand I can ask further questions should they arise at any point.

Signature _____ Date _____

To be completed by the clinician(s) providing Information to the patient:

I, _____ (print name) confirm that I have explained the treatment to the patient, along with the significant risks and the possible alternatives. I also confirm that I have the necessary competence to provide this information.

Signature _____ Date _____