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Retainers

What are retainers?

Retainers are designed to keep your teeth straight after having brace treatment and it is important you wear them as instructed, if not there is a risk your teeth will move. All patients need to wear retainers after brace treatment. They can either be removable or fixed. The orthodontist will advise you which retainer is best for you.

How retainers work?

Retainers work by holding the teeth in their final position after brace treatment. They can either look like a clear gum shield (essix retainer) or similar to a removable brace with a plastic palate and a wire across the front (Hawley retainer) or a wire can be fixed onto the back of your front teeth (fixed retainer). Fixed retainers are a private treatment option so they are chargeable and are not included in treatment.





How often do you need to wear retainers?

Removable retainers are worn full time for 3 weeks then every night for 6 months. At your 6 monthly retainer check the orthodontist will advise you further on how to wear your retainers. Bonded retainers are glued onto the teeth so they are worn full time. Retention is a long term process and if you wish to keep your teeth straight for life it is advised you wear your retainers for life.

Will the retainers be painful?

No, retainers aren't painful as there is no active pressure on the teeth they are retaining their position.

How long will treatment take?

Changes in the position of your teeth can continue throughout life so it is advised to wear retainers long term. If the retainers are no longer worn there is the risk that the teeth may move from their final position after brace treatment.