

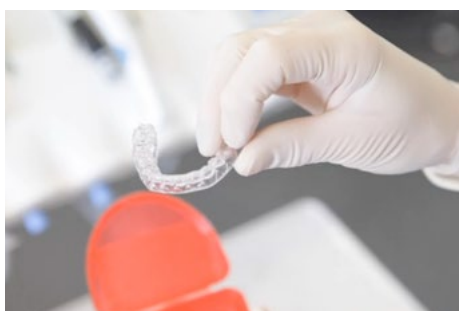
Brighter smiles. Brighter you.

treatmentinformation



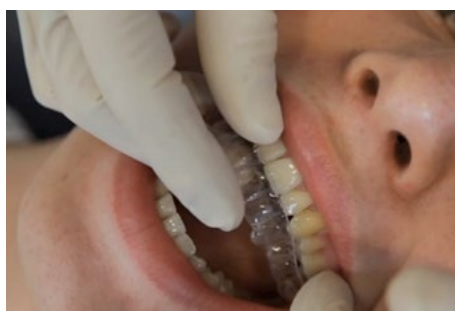
Retainers.

Now that you have your confident smile and beautifully straight teeth, it's important we keep them that way forever.



Step 1: Making the mould

We make a mould of your teeth, which our lab technician turns into a retainer. A retainer is made from transparent plastic.



Step 2: Fitting the retainer

Retainers are a bit like a close fitting gumshield, they fit snugly over the top of your teeth and can sometimes feel a bit tight. Don't worry about that, they're supposed to. This will ease over the first few days.



Step 3: Cleaning your retainer

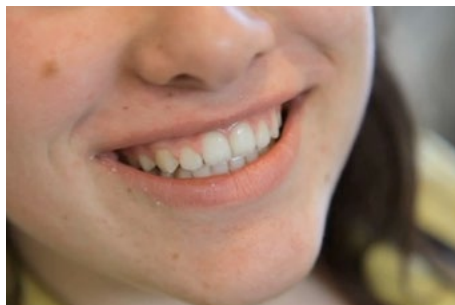
It is very important to keep your retainers clean, as they will become smelly and dirty if not cleaned regularly. Simply hold your retainer under warm water and use a toothbrush in a small circular motion in every contour of the retainer.

NEVER USE HOT WATER as this can melt your retainer and it will not fit properly.



Step 4: Storing your retainer

Rinse the retainer in water after cleaning and store in your retainer box until the evening. We recommend 'Retainer Brite', cleaning tablets for your retainer as this kills 99% of the odour-causing bacteria. It is important periodically to clean your retainer box as well. 'Retainer Brite' can be purchased in the practice.



Step 5: Wearing your retainer

It's critical that you wear your retainers every night. If you don't, your teeth will move. They look fabulous today, let's keep them that way.

For more information and videos on this procedure and other orthodontic treatments please visit our website:

<http://confi-dent.co.uk/patients/educationalvideos.php>