



NEO ORTHODONTICS™

Retainer Instructions

Why Retainers Are Important

- A retainer holds your teeth in position while your gums and bone settle after orthodontic treatment.
- Your orthodontist has advised the following schedule:
 - First year after treatment: Every night for 10–12 hours
 - Second year: Every other night for 10–12 hours
 - Indefinitely: 2–3 nights per week for 10–12 hours

(This may differ depending on each individual's teeth)
- Failure to wear your retainer will result in your teeth moving out of alignment.

Discomfort

- It is normal for retainers to feel tight during the first few days.
- If a retainer feels tight at any point afterward, it may indicate insufficient wear and teeth starting to shift. Increase the hours of wear to maintain alignment.
- Severe or prolonged discomfort should be reported immediately; minor adjustments may be needed.

Diet

- Remove your retainer for eating.
- Only plain water should be consumed while wearing the retainer. Tea, coffee, or hot beverages can stain or distort it.
- For bonded retainers, avoid biting directly into hard, crunchy, chewy, or sticky foods with your front teeth; cut food into small pieces and use your back teeth to chew.

Cleaning

- Brush your teeth thoroughly before wearing your retainer.
- Clean your retainer carefully with water after each use. Avoid toothpaste, as this may discolour the appliance and make it brittle.

- Soak retainers once a week in a cleaning solution (e.g., Vitis effervescent tablets) and brush afterward.
- Never use hot water or expose your retainer to heat.
- For bonded retainers, clean carefully around the appliance and use super floss or interprox brushes to remove debris between teeth.

Breakages

- Do not repeatedly click the retainer in/out with your tongue, or press it into place with your teeth. Always use your fingers as this may cause it to break.
- Store retainers in a rigid case when not in use to prevent damage.
- Replacement fees: £120 for a single retainer, £240 for both retainers.

Dental Check-Ups

- Continue regular dental check-ups.
- Bonded retainers: see a hygienist every 3–6 months to remove tartar and maintain oral health.
- Any dental treatment that changes tooth shape may require a new removable retainer.