



# Removable and Permanent Retainer Protocol

## REMOVABLE CLEAR PLASTIC RETAINER:

- Clear plastic retainers (Essix retainers) are to be worn 24 hours a day (removed only when eating) for 3 months starting from the day you finish your Invisalign treatment.
- Thereafter they are to be worn every night FOREVER, otherwise your teeth can move.
- To keep your clear retainer clean, please use 'Retainer Brite' or use 'Milton' dissolved in **cold** water or antibacterial handwash.
- **DO NOT** use Hot/Boiling water to clean your retainer as it will melt the plastic or warp and will not fit.
- **DO NOT** use commercial Denture cleaners such as 'Steradent' to clean your retainers.
- If you lose your retainer you must get it replaced immediately as the teeth can move straight away.
- Please always make sure your retainers are kept in their case when not in your mouth, as they can easily break or be lost if you wrap them in tissue etc.
- Please keep retainers away from your pets as they will be attracted to them and will usually eat them.
- If you have a spare set of retainers, please keep them in water as they can dry out and then will not fit your teeth.
- From time to time your retainer may need to be replaced for reasons such as splitting/breakage, discolouration etc, this costing would be down to you.

**We are not responsible for retaining your teeth once they have been straightened. This is your responsibility. If you wear your retainers as directed the teeth will not move.**

## PERMANENT LINGUAL/PALATAL WIRE RETAINER:

- If you choose to have permanent retainers, you must also have clear retainers made and these are to be worn over your permanent retainer at night time as an extra support. However, initially you must wear the removable retainer over the permanent retainer 24 hours a day for the first 3 months after treatment.
- After the first 3 months you can go to wearing the removable retainer just at night time assuming it fits very easily every night. If it's tight in any way you need to go back to wearing it 24/7 until that tightness goes. A retainer will only feel "tight" if some of the teeth have started to move.
- Your dentist will show you how to clean your permanent retainer as you will **NOT** be able to use floss.
- A permanent retainer is not a substitute for a removable retainer, it is an addition. This is because the wire could break / flex over time and without the removable retainer, the teeth can move.
- If the permanent retainer breaks then please wear your clear removable retainer 24 hours a day until you have a chance to get the permanent retainer repaired or replaced.
- We will guarantee your permanent retainer for 12 months from date of application, your dentist will repair the permanent retainer free of charge but **ONLY** if the removable retainer still fits. In some cases you may need to have a new removable retainer made for which you will be charged. It is important to note that we will charge you to straighten your teeth if we feel you have not followed the retainer protocol. The only way for us to know this is if your removable retainer does not fit. Please note your teeth cannot move if you follow the retainer instructions we have given you.

**You have 180 days from the end of the treatment to inform us if there is any issue with movement otherwise a fee will incur as this is Invisalign's cut off point.**

I understood all I have read:

Patients Signature : \_\_\_\_\_

Date: \_\_\_\_\_