

## A FINAL WORD ABOUT RETAINERS



**We advise all of our patients to wear their retainers for life**

### Why?

As you get older changes occur in the human body and that includes your teeth!

These changes include:

- crowding of lower incisors;
- the recurrence of twisted or rotated teeth;
- if you had any spacing between your teeth that was closed, this can open up again.

These changes vary in severity and from what age they can start, but usually from late teenager years and into your 20's.

**Even if you had orthodontic treatment these changes can happen to you!**

## How can I stop this?

By carrying on wearing your retainers to sleep in, forever or for as long as you want to keep your teeth straight.

Nothing lasts forever and your retainers will need replacing at some stage. The length that they last is variable and depends on how well you look after them. When you are ready for some replacement ones we can make them for you but there is a cost of approximately £85 each. You would need to ring to make an appointment.

## Remember...

... the NHS will only pay for you to have one course of treatment – so if you choose not to wear your retainers or you stop wearing them earlier than we recommend, then you would need to pay privately for your teeth to be straightened again.

## A word about teeth whitening

If you would like to have your teeth whitened then we now offer this service here at the practice.

You can only have your teeth whitened once you turn 18. So it could be the perfect birthday present!



If your retainers are still in good condition then the cost is £150. Or if you are ready for some new retainers, then have some new ones made and have your teeth whitened at the same time for £310.

