



NORTHSHORE
DENTAL AND ORAL HEALTH PTY LTD

Dr Nick Taft &
Associates

728 David Low Way, Pacific Paradise Q
4564
Tel: (07) 5448 7849

ORTHODONTIC RETAINERS - PRACTICE POLICY

You have just completed a long course of Orthodontic treatment, which for some patients can be over 3 years.

All the most recent studies show that once teeth have been made straight they can relapse i.e. go crowded again or overbite can come back if retainers are not worn.

Therefore, clear overlay retainers will be specially made for you, which **you must wear full-time for the first 6 months** after your braces have been removed. The only time they are to be taken out is to eat or clean your teeth and they must be worn at night.

When you have completed the above, **the second 6 months is spent wearing the retainers only at night, all night.**

One year after removal of braces, the retainer must be worn 1 night per week for the rest of your life - a small price to pay to keep your teeth straight!

Retainers need to be replaced every year or so and this is a cost to the patient. (Current cost is \$140)

The retainers are delicate so please look after them and clean with toothpaste with a toothbrush after every meal. (Breakage from lack of care will not be covered).

First retainer breakage is covered for the first 3months. Any subsequent breakage is not covered. Not covered if damaged by wrong insertion/removal or eating or damage outside the mouth

If you do not wear the retainer for a period of time it will not fit and then the retainer will need to be re-made. In this situation, the patient will be charged for a replacement retainer.

Some retainers are fixed in the mouth i.e. fixed lingual retainer/ transpalator arch. These require special cleaning/care. These may break/come loose and will be covered when you attend regular 6 month check-ups.

****Retainers are your responsibility and are vital to maintain your orthodontic treatment!** (Further orthodontic treatment costs will occur if you do not wear your retainers as instructed and your teeth relapse).