

thesandford
dental implant & cosmetic centre



**Congratulations
on completing your
orthodontic treatment**



Your braces are ready to be removed. Your teeth look lovely and straight but please make sure you wear your retainers as instructed, otherwise your teeth may move back into their original positions.

We would be very grateful if you could kindly take a moment to leave us some feedback and let us know about your experience. To leave us a google review please follow these steps:

- Log into google maps
- Search "The Sandford"
- Select "Write and Review"
- Publish

We would love it, if you could also follow us on Instagram, facebook or twitter:



dr_nina_orthodontics
the.sandford



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What to expect when your brace is removed

- When it is time for your braces to be removed you will be given 2 appointments. It is very important that both these appointments are kept as they are linked with the laboratory where your removable retainers will be made.
- If you have any concerns about your teeth or if you feel that your brace is not ready to be removed, please call us before these appointments.

First Appointment: approximately 1 hour in duration

- The brackets fixed to each tooth are removed first and then the orthodontist will remove all the cement, clean and polish your teeth. Once the teeth have been cleaned your bonded retainers will be fitted (unless deemed not necessary or you have opted out of having one).
- Bonded retainers are permanent and fixed to the inside surface of your front six teeth and comprise of a flexible thin wire which is accurately contoured to the teeth and fixed with dental cement. One of the great advantages of bonded retainers are they cannot be misplaced.

Second Appointment: approximately 30 minutes in duration

- You will have some photographs taken of your teeth now your brace treatment has finished and we will give you before and after photographs to take home.
- We will then fit your removable retainers and give you full instructions.

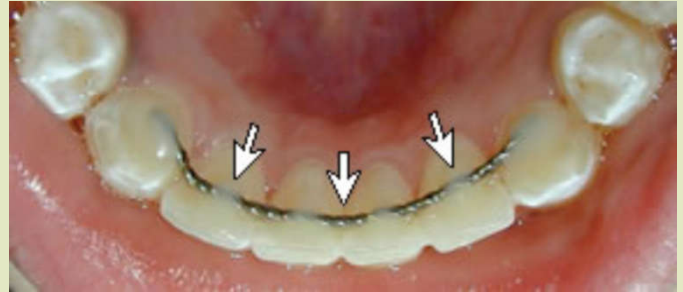


Remember – retention is an extremely important part of your orthodontic treatment. Without correct and consistent wear of the appliances, you could run the risk of allowing the beautiful results achieved to relapse and your teeth could end up back in the position they were before treatment started.

Bonded Retainers

Brush your bonded retainer (the fixed wire behind your front six teeth) as you would normally brush your teeth; spend a few moments longer just on the wire.

Now that your fixed appliance has been removed, you must remember to use super-floss or interdental brushes between the teeth that have the bonded retainer attached. Please remember to floss between all other teeth using dental floss or tape.



Take care not to damage the bonded retainer by eating anything too hard or sticky. If your retainer does break please do not pull the wire out, call the practice immediately.

Removable Retainers

It is vital that you wear your retainers in the way that your orthodontist advised you to. You will be given removable retainers, which are made from clear plastic or acrylic.

These retainers are very delicate appliances that must be handled with care. They should not be placed in hot water as this may damage or change the shape of retainers.

If your retainer is not in your mouth it should be in the box provided.

Please take out the retainers when you are eating or cleaning your teeth.



If you lose or break your retainers, please contact us immediately to arrange a replacement. Broken retainers will be repaired free of charge in the first year, provided they have not been misused. Thereafter any repairs will be charged.

Please be aware that if you lose your removable retainers, there is a charge for replacing these.

Clean your retainers regularly by rinsing under tepid water and remove any food debris with your toothbrush.



You can purchase Retainer Brite from reception. We recommend that you use this once a week to keep your retainers clean, please do not use any other sterilizing solutions as they may be too abrasive. Full instructions are on the box.

A Beautiful smile is something to be proud of please look after it!

Opening hours

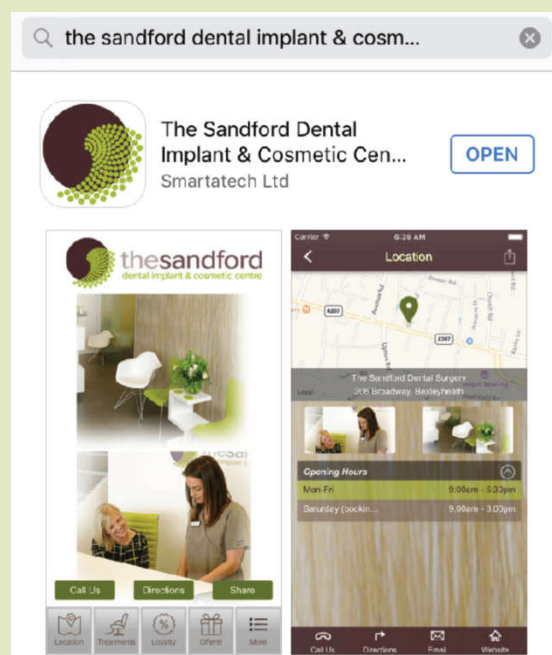
Monday - Friday 9.00am - 5.45pm

Some Saturdays an late evenings, please speak to reception for more details.

Dental check-ups

Please do not forget to see your dentist for regular dental check-ups, to ensure your teeth remain healthy.

You can also download our new app on your phone 'The Sandford' and start collecting loyalty points towards your hygiene visits! After 5 hygiene visits get the 6th one for free by redeeming your points. Ask at reception for further details.



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