

# Trinity Gate Orthodontics

39 ST NICHOLAS STREET  
WORCESTER  
WR1 1UW

Tel: 01905 617766  
Email: [contact@trinitygateortho.co.uk](mailto:contact@trinitygateortho.co.uk)  
Website: [www.trinitygate.info/](http://www.trinitygate.info/)

## SO, THATS IT FINISHED?

If you stop wearing the retainers altogether your teeth WILL move, slowly becoming crooked again.

You can keep them straight by continuing to wear the retainers regularly as directed, mainly throughout the night, but more if they start to feel tight. The longer you wear the retainers, the longer the teeth stay straight.

### REMEMBER

- Keep the retainers going long term
- Keep the retainers clean
- Keep the retainers moist and safe in a brace box when you are not wearing them, or you are taking them out of your normal environment, on holiday etc.
- Keep your retainers checked by your family dentist at your check up appointments

### TRY NOT TO

- Break or lose the retainers. If you do, please contact the surgery as soon as possible to arrange replacements, please be aware there is usually a charge for this.

WE WOULD LIKE TO HEAR YOUR FEEDBACK. PLEASE VISIT [CLICK](#) OR SCAN THE QR CODE BELOW TO LEAVE US A REVIEW.

