

# Patient information

## Telephone Retainer Review Appointment

Now your retainers have been fitted your appointments will be reviewed by telephone rather than attending the hospital.

**In most cases we will review your retainers every 6 months over a 12-month period. Retainer wear is your personal responsibility, please wear your retainers as instructed by your Orthodontist.**

You will receive an appointment for a telephone consultation with a Registered Dental Nurse who will run through a series of questions to ensure you are happy with your retainers and offer advice if you are experiencing any problems.

It is important that all your contact details are up to date as if we are unable to contact you at your appointment time on two occasions, we will assume you do not want your retainers reviewed and will discharge you back to your dentist in line with trust policy.

If you have any problems with your retainers, please contact the department on 0300 131 4500 Ext 771756 between 8am 5pm to book a face-to-face appointment.

These telephone clinics were introduced to provide a better patient experience by reducing time off school, college, or work, reducing travel time and expense.

### Sources of information

[British Orthodontic Society > BOS Homepage > Orthodontic Retention for Patients](#)

### Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

### Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team - Tel: 0300 131 4731 (direct dial) or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

### Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:

Dr F Pantanali Orthodontic Consultant

Dr A Ahmad Orthodontic Consultant

The Clinical Specialty/Unit that have agreed this patient information leaflet:

Dr F Pantanali Orthodontic Consultant

Dr A Ahmad Orthodontic Consultant

Next review date: June 2028

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