



Care and Wear Instructions for Fixed retainer with Removable (Essix) retainer

Congratulations on completing your Orthodontic treatment. It is really important that you follow the instructions below to maintain your wonderful new smile

- You have been fitted with a FIXED retainer. You will also be supplied with an REMOVABLE (Essix) retainer in a week.
- You must wear your REMOVABLE retainers EVERY NIGHT forever.
- If you have a breakage of your fixed retainer you must wear your removable retainer FULL TIME and contact the practice immediately.
- If you have a breakage of your REMOVABLE retainer, please contact the practice immediately to organise a replacement.
- Keep your teeth and retainers clean at all times. This will require brushing your teeth and FIXED retainer at least 3 times a day, after each meal.
- First, rinse your retainer with cold water very thoroughly to remove all traces of any debris. Then, clean them carefully with your tooth brush and tooth paste and thoroughly rinse off all traces of toothpaste.
- DO NOT bite heavily into crunch foods e.g. carrots, apples, crusty bread, cereal bars or hard biscuits. Cut or break these into small pieces and chew with the side teeth.
- DO NOT chew gum or sticky foods this will break the FIXED retainer.
- Plaque disclosing tablets will show you how well you are brushing.
- Always keep your REMOVABLE retainers in the retainer box when you are not wearing them.
- Soak your retainer in Retainer Brite, at least twice a week.
- **DO NOT** place your REMOVABLE retainer in **hot water** as it will distort and won't fit.
- **Failure to wear your retainers as prescribed will result in unwanted tooth movement.**

Please note: Your retainers are extremely fragile and must be carefully looked after as careless use will result in splitting or cracking of the appliance.

REPLACEMENT OF APPLIANCES WILL INCUR A FEE.