



## Care and wear instructions for Essix Retainers

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

1. You must wear your retainers FULL TIME for the first six months. After this, you must wear them EVERY NIGHT, forever.
2. If you do not wear your retainers as instructed, your teeth will become crooked again.
3. When wearing your retainers, do not flick them up and down with your tongue as they will break.
4. Please contact the practice immediately if you have a breakage. You will need a replacement urgently.
5. Please remove your retainers for eating. You have been shown at the surgery how to do this properly.
6. Retainers should be removed for swimming, contact sports and playing a woodwind musical instrument.
7. **When you remove your retainers, always put them in your retainer box.**
8. Keep your teeth and retainers extremely clean at all times. You must brush your teeth and appliance after each meal.
9. Use your toothbrush and toothpaste to gently clean the retainer. Rinse your retainer with cold water very thoroughly to remove all traces of debris and toothpaste.
10. Clean your retainer using 'Retainer Brite' at least TWICE a week.
11. DO NOT place your retainers in HOT WATER as they will distort and will no longer fit.
12. Always bring your retainers with you when you come to see us for retainer checks.

**PLEASE NOTE: Retainers are extremely fragile and must be looked after very carefully. Careless use will result in cracking and breakage of your retainer.**

**REPLACEMENT OF APPLIANCES WILL INCUR A FEE.**