

Instructions For Essix Retainers

1. Your retainers are just as important as your braces. If you do not wear them as instructed your teeth will move. If you cannot wear your retainers for any reason, they become loose, or you feel that your teeth are moving, contact us immediately.
2. For the first 3 months you must wear your retainers full time apart from when eating and cleaning them. Brush your teeth after eating and place the retainers back in immediately.
3. Do not drink with the retainers in place. This is particularly important if you have acidic or sugary drinks (eg coke). Rinse your mouth with water after these drinks, before putting your retainer back in.
4. Do not chew gum with the retainers in. It sticks to the plastic.
5. When you are not wearing your retainers keep them in a retainer box. The retainers are very strong in the mouth, but more likely to break or be lost when out of the mouth. You may purchase a retainer box at reception.
6. To clean your retainers, use warm water and a retainer cleaner such as Retainer Brite. Do not use toothpaste to clean your retainers as this dulls the plastic and will eventually cause it to crack. Retainer Brite is available for sale at reception.
7. Bring your retainers to every appointment so we can check and adjust them.
8. If you lose your retainers contact the practice immediately. Lost retainers will **not** be replaced free of charge. Retainers broken beyond repair will also incur a charge. You will need to pay for any new retainers made. The current cost is approximately £65 per retainer.
9. After 1 year your orthodontist will give you advice about how to reduce the number of nights per week you wear your retainers. No guarantees can be given if these instructions are not followed properly, since in most patients there is a tendency for teeth to move.

10. If you miss a few nights then wear the retainer full time except meals and bite down to seat it. This will make your teeth a little sore, but may help realign the teeth in a short period of time.

Remember if you choose to not wear your retainers as instructed, you choose to let your teeth move.