

## Essix Retainers : Instructions

- The retainer is designed to keep your teeth in position. If you do not wear it your teeth will move back to where they were before.
- The retainer slips over the teeth like a gum shield. You may need to use gentle pressure to make sure it is fully seated to start with, but the fit should improve with wear.
- Wear the retainer **FULL TIME for 48 hours**, then **evening and night-time after that**(usually for an hour or two before bed, as well as through the night).If you forget to wear it one night, you should wear it through the day for one day to catch up.
- The retainer should not dig in, or make your mouth sore. If you do have any problems, contact the surgery immediately.
- If the retainer breaks or if you lose it, contact the surgery. Teeth can move very quickly and so it is important to contact the surgery within 1-2 days.
- If you lose your brace or damage it and we have to make a new one **you will have to pay between £60-90 so please look after it.**
- Keep the retainer in the box provided whenever it is not in your mouth.
- Do not use toothpaste to clean the retainer as this will affect the appearance. Rinse in cold water with a clean toothbrush. You may also use a sterilizing tablet called "Retainer Brite". Currently the best place to purchase these is through the internet.
- DO NOT eat or drink (especially fizzy drinks) with the retainer in your mouth. This can lead to damage to the teeth by holding the food against them.

Always bring your retainers to all your appointments.