



Instruction for Essix (clear) Retainers

Retainer wear is as important as the orthodontic treatment itself. If retainers are not worn teeth **will** move.

Use

- It is important to wear as instructed. Typically this would comprise
 1. Full time wear for 6 months. They would be removed for cleaning and eating only. They can be worn for sports unless you have a custom mouth guard which should be used instead.
 2. Night time wear indefinitely. If you want to maintain the position of your teeth, this is necessary.
- The initial plastic taste will go after a few days.
- Any speech changes such as lispings will also go after a number of days.

Care and maintenance

- Clean retainer with cold water and a soft tooth brush. It is best not to use tooth paste as the retainers will become scratched. If there is a bad odour they can be soaked in Listerine mouth wash (30 minutes) or “Retainer Brite” cleaner. Denture cleaners or bleach should not be used.
- When not being worn please keep safe in the retainer container that is supplied

Do

- Keep away from pets and small children.
- Keep away from heat-such as hot water, direct sunlight, radiators – they will distort.
- Inform us immediately if the retainers are lost or damaged.
- Bring retainers to all review appointments.

Don't

- Leave on table when eating – they get thrown out.
- Put in pocket without being in a container- they can be easily damaged