

## **Essix Retainer Appliances... Do's and Don'ts**

**A removable retainer is worn to hold your teeth in position while the gums and bones settle after movement.**

**If you do not wear your retainers your teeth will move out of line.**

**After brace removal, the retainers must be worn every night for twelve months, then alternative nights for the next twelve months. This will then be reduced to part time wear by your orthodontist.**

Changes in the tooth position will occur naturally with the ageing process and when retention is stopped, even after one year. However, following the 2 year retention phase, you may indefinitely continue with your retainers for 1-2 nights per week to help maintain tooth position.

**The retainer should be removed for eating and drinking.**

When your retainer is in your mouth DO NOT eat chocolate, sweets, chewing gum etc. Or drink sugary or fizzy drinks (incl. diet varieties) and acidic fruit juices. Water and milk are best.

Take the retainer out to clean your teeth, gently brush the retainer brace at the same time, and rinse the brace after meals with cool water.

It is important not to use toothpaste on clear gum shield type retainers.

**Do not use very hot water with this type of retainer, as it will change shape and no longer fit!** You will find it is helpful to use retainer brite to freshen retainers.

Do not repeatedly click the brace in and out with your tongue as this will break or loosen the brace and could result in your teeth moving out of position.

**When the retainer is out of the mouth, it should be stored in a rigid plastic container.**

If your retainer breaks or is giving you prolonged discomfort, don't wait for your next appointment, and get in touch to arrange a sooner visit ASAP. If your retainer is broken and you fail to contact us to have it fixed, your teeth may move.

**A charge will be made for replacement of lost/broken/deformed retainers (Approx. £70 per retainer).**

**You need to carry on seeing your regular dentist for check-ups throughout your Orthodontic Treatment.**

**Always bring your retainers to your orthodontic appointments.**