

## Instructions for the wear of an Essix retainer

1. It is very important that you wear the retainers as you have been advised, otherwise your teeth will relapse. Relapse can occur very quickly.
2. For 2 - 3 days you must wear the retainer in the daytime and nighttime. Take the retainer out for eating.

The wear the retainer EVERY evening and bedtime

3. When you are not wearing the retainer keep it in a safe place, like a retainer box, it is very easy to lose.
4. Clean the retainer with toothpaste and brush or a product like Retainer Brite, DO NOT USE HOT WATER.
5. IF THE RETAINER IS VERY BADLY BROKEN OR LOST YOU WILL BE CHARGED FOR ITS REPLACEMENT.
6. If the retainer is uncomfortable, painful or damaged in any way please telephone for an early appointment. DO NOT wait until your next scheduled appointment.
7. Please continue to see your own dental surgeon for normal dental care.
8. REMEMBER TO WEAR THE RETAINER, OR YOUR TEETH WILL NOT STAY STRAIGHT.