



Instructions for your essix retainers

- Wear your retainers full time for the first three months
- Take them out to eat and put them in a box (available at the reception desk). DO NOT put them in your pocket or in your bag, they will be broken or creased and cannot be repaired. Especially do not wrap them in a napkin and leave them on the table, they will be thrown out. (This is the most common way of losing the appliances.)
- Take them out to clean your teeth, and give the retainers a gentle scrub with your toothbrush and toothpaste and COLD water. You can also use a cleaner called 'retainer brite' available at any chemist, but this is not really required.
- Take them out for contact sports, your retainers are NOT a mouth guard, use a proper mouth guard and put your retainers away carefully
- Remember these appliances cost approximately £120 to replace, please look after them.