

ESSIX RETAINERS

**CONGRATULATIONS ON
THE REMOVAL OF YOUR
BRACES!**

Now your new smile needs to be reinforced and stabilised with retainers. The oral cavity is a dynamic environment and it is constantly changing through life. Therefore, **retainers must be worn after braces to hold your teeth in place.**

Your teeth have a high risk of moving back towards their original position without retainers.

HOW LONG DO I NEED TO WEAR MY RETAINERS FOR?

Retainers are to be worn for as long as you want your teeth to remain perfect! However the amount of time you need to wear them will decrease progressively.

Long-term retainer wear is the only way to ensure your teeth remain in position.

Initially, retainers must be worn full-time, apart from:

- During meals.
- Tooth brushing.
- Contact sports.
- Swimming.

Your orthodontist will provide further instructions as to when to start wearing them at nights only.

- Your speech may sound awkward at first. Don't panic!! Just practice reading aloud, it will help to improve your pronunciation. You may have more saliva in your mouth than normal, this will stop as you become used to your retainer.

LOOKING AFTER YOUR RETAINERS:

Retainers could last for a long time when well maintained. Make sure you do the following:

- Storage: place them in the protective case provided whenever they are not in your mouth. Make sure you add your details on it in case it gets lost. Avoid tissue paper and putting them in your bag without the case.
- Taking them off: when removing your retainer, do not pull from the front, as it will make it difficult to remove them. Try to do it pulling the posterior section first and then moving towards the front.
- Cleaning: simply brush them with a toothbrush and liquid soap every time you brush your teeth. They must be cleaned after every meal. Do not use toothpaste on your retainer as it is too abrasive for it. For an extra clean retainer, it can be placed in a glass of water with a Polident tablet. Leave approximately 15-20 minutes. This can be carried out once or twice a week. This does not replace regular brushing with your toothbrush.
- Lost or broken retainers: replacement or repair will incur a cost between \$100-200.

Review appointments

- You will still need to see the Orthodontist for regular checks and adjustment appointments.

Bring your retainer with you every time!

- If the breaks or it is loose, do not hesitate to call us **before** your due appointment.

