



Instructions For Your Essix Retainer.

It is very important that you wear your retainer as instructed, to avoid relapse of your teeth after orthodontic treatment is completed. The bone and gums which support the teeth are softened, it is essential that retainers are worn every night for at least **three years** to allow the bone and gum to harden and reduce the risk of slippage or relapse.

If you are unable to wear your retainer please contact the surgery as soon as possible.

Never eat or drink with your retainer in.

Do not clean the retainer with tooth paste, just use your tooth brush and luke warm water. NEVER use hot water, as this may distort the retainer.

Please handle the retainer with care, keep it in a box when not being used. If you lose or damage the retainer beyond repair, you will have to pay for a replacement retainer.

FAILIURE TO WEAR THE RETAINER WILL RESULT IN RELAPSE.

In the event of relapse NO further treatment will be offered on the NHS.

The NHS will cover replacement of worn out retainers for the first year after treatment, beyond this time they can be replaced at a charge.

Sign.....

Date.....