

## YOUR DUPLICATE ESSIX RETAINERS

### FIRST-PLEASE CHECK THE FIT

RINSE your new Essix retainers under cold water for at least 30 seconds, and TRY IN the upper and the lower separately, and then together as soon after collection as you can.

- If there is a concern about an Essix retainer fit, *please let us know as soon as possible*. This very rarely happens as all our retainers are custom-made using the latest digital technology from your most recent Itero scan.
- If we don't hear from you within 3 days, we will assume your Essix retainers fit as they should. After that, we will not be able to replace them under guarantee.
- Wear them every night unless advised differently by your orthodontist.
- Please also remember to keep them in a retainer box and away from family pets.

### ESSIX RETAINER CARE

Clean them thoroughly and carefully every time you wear them in cold water with a small amount of mild Fairy Liquid, liquid soap or equivalent, together with an adapted cotton wool bud to catch all the 'nooks and crannies' of the inside of each individual tooth imprint. Please don't use a toothbrush or toothpaste as these can be too harsh and may damage them. Rinse well.

Retainer Brite tablets to supplement this routine should always be used at least 3x per week or at the frequency recommended by your orthodontist

And, just in case there is something else you would like to ask us, here are the answers to our most *frequently asked questions*

**1. My cleaning tablets have run out. Can I order some more at the same or any other time?**

Of course. Just let us know how many boxes of Retainer-Brite you need.

**2. Can I order anything else to help me look after them?**

Yes, you can also order any of the following along with your new retainers. Retainer boxes for safekeeping, mouthguards, special toothbrushes and lots of other items specific to looking after your Essix and Bonded retainers to keep them clean, and your teeth and gums healthy.

**3. How long will it be before I can collect my new retainers from the practice?**

We usually need at least 5 working days' notice for you to collect these within the fee quoted. We will let you know as soon as they arrive at the practice.

**4. I'm unable to collect my retainers or hygiene items. Can they be posted out to me?**

Essix retainers and hygiene items can be posted out direct to you. Postage will be added to your invoice.

**5. Can I re-order again?** Yes, as long as you have not had any new dental restorations, including fillings, crowns, bridges, implants, gum changes or tooth loss *since* your last scan. We will be happy to carry out a new scan for you if there is any doubt.

*If you have any further questions concerning your Essix retainers, please email us at...  
reception@wimbledon-orthodontist.co.uk*