

## ESSIX RETAINERS

The British Orthodontic Society's 'Hold that smile' campaign is a reminder to all patients that retainers are for life.

If you don't wear your retainers, there is a risk that your teeth will quickly move back to where they were and all the good work will be undone.

*Find out why continuing to wear your orthodontic retainers at night is so important by viewing this short video from the British Orthodontic Society - scan the QR code below*



## LOOKING AFTER YOUR RETAINERS

Your new retainers should be carefully looked after.

Wear them as recommended by your orthodontist, and ensure you keep your retainers safely away from family pets in your retainer box.

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

Retainer Brite cleaning tablets to supplement this routine should be used at least 3x or more per week, as recommended by your orthodontist.

These and other products, such as retainer boxes, customised mouthguards, and special toothbrushes make it easy for you to look after your retainers and bonded retainers whilst keeping your teeth and gums healthy. They can be purchased from Reception and ordered at any time for collection. We can also post these out to you if more convenient.

You may also wish to download the British Orthodontic Society's patient leaflet to remind you how to look after your retainers from the following link:

<https://bos.org.uk/BOS-Homepage/Patient-Information-Leaflets/Retainers>

## RE-ORDERING RETAINERS

Please be aware that all removable retainers deteriorate naturally over time. Customised duplicate sets of Essix Retainers can continue to be provided if requested without a new scanning appointment as long as you have not had any new dental restorations (including fillings, crowns, bridges or implants), gum changes, or tooth loss *since* your last scan with us. We will be happy to arrange a new scan for you if there is any doubt.

To ensure that reordered retainers reach you as quickly as possible, please confirm your *current contact details* including your name, date of birth, address, e-mail and mobile phone number to our secure email address below.

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