

## **HOSPITAL LANE DENTAL PRACTICE**

374 HIGH STREET, ROCHESTER, KENT. ME1 1DJ. Tel: (01634) 842566 Fax: (01634) 819489

### **Removable Appliance/Essix Retainer Advice**

Your removable appliance/retainer should be worn according to the instructions given to you by your Orthodontist.

It may be removed while eating, swimming or playing sports.

Initially your speech may be affected, but after a few days it will return to normal.

Avoid flipping it with your tongue. This can cause damage to your teeth and your appliance.

Clean your appliance/retainer daily, preferably using a commercially available effervescent retainer cleaner, such as Retainer Brite®.

Ensure that your teeth are clean before you re-insert your removable appliance/retainer.

Always use your plastic case to store your appliance/retainer.

Keep your appliance/retainer away from pets, as they love to chew on them.

Avoid storing them near any source of heat.

An additional charge will be made for lost or broken appliances/retainers.

