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**ESSIX RETENTION**

**NOTE: PLEASE MAKE SURE YOU SCHEDULE A FOLLOW UP APPT. A MONTH AFTER BRACES ARE REMOVED AND MAKE SURE YOU BRING YOUR RETAINER TO EVERY VISIT!**

I would like to thank you for your efforts in helping us treat your malocclusion. The appliances are off, your smile is delightful, and I trust you are satisfied as I am. However, to maintain the finished result, it is imperative that you adhere to your retention schedule. If not followed, your teeth may shift to the extent that the result we both worked so hard to obtain will be compromised and retreatment, with additional expense, would be involved. As we discussed, this can be avoided by simply wearing your retainers as directed. My staff and I will help you in any way possible to adhere to your retention guidelines.

Please call the office if you have any questions.

The following are a few guidelines that will help you get the most benefit from Essix retention:

1. Wear your retainer **night times only** for the first year; **alternate nights** for the next two years; and **once a week** until we advise you otherwise.
2. If you miss a night or two (naughty, naughty), wear the retainer full time and bite down to set it fully. The teeth may be a little sore but should realign. If it does not, call the office immediately. **If the retainer becomes too tight increase wear time.**
3. Clean with soap, water, and Q-Tips. "Efferdent" or "Retainer Bright", the commercial cleaners, work just as well. Do not brush the appliance with toothpaste, it dulls the brilliance.
4. If an edge of the retainer rubs against your gums, trim with scissors or file and smooth with a nail file.
5. Store retainer in the case we supplied when out of mouth.
6. If you lose the retainer, call us immediately. Replacement retainers will be supplied at a cost of **\$150.00**.

Again, my thanks for being a wonderful patient and make sure to beam that delightful smile. Until we meet again!

With friendship,

Nick Romanides, D.M.D.