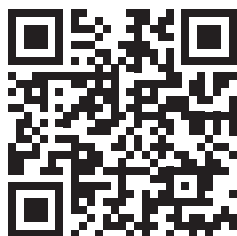


How to Fit your Essix Clear Retainers

Following the removal of your fixed appliances (braces), you have agreed to have your Essix Clear Retainers posted to your home, for you to “self-fit”. You have been given instructions by your orthodontist about the wear and how to care for your retainers. You will also be given the “care of your retainers” leaflet.

To help you “self-fit” your retainers at home, we have made an instructional video on the QVH YouTube channel <https://youtu.be/WyE9H6QJlg> “How to fit your Essix Clear Retainers”.



Please remember a virtual “self-fit” Essix retainer follow up appointment has been made for you, which you can attend using the online video appointment consultation, instructions on how to access this have been sent with the appointment details.

For patients under 18 years of age, a parent or guardian will need to be present for the virtual follow up.

Good luck with fitting the retainers at home, and do get in touch immediately if there are any concerns about the fit of the retainers when they arrive.

Orthodontic Department