



ORTHODONTICS

Essix Retainer Instructions

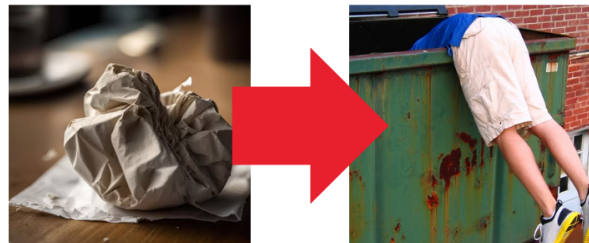
Retainer wear is a lifetime effort.

You may keep them for much longer if you are able to keep them cleaned properly.

Enjoy your smile and keep it safe :)



- It is important that you wear your clear retainers 24 hours a day for the first year. During the second year, night time wear is recommended. Then we will gradually reduce it to a couple times a week.
- Brush your clear retainers with a toothbrush and mouthwash. A retainer cleaning tablet may also be utilized to keep your retainer free of tartar and plaque build up, such as Retainer Brite tablets. You may also use any tablet that states that it is safe for orthodontic appliances. Make sure to follow the instructions.
- Plastic retainers can be ruined by heat. Never put a retainer in boiling water, a dishwasher, or on the dashboard of the car.
- Remove retainers prior to eating or drinking anything other than water.
- Plastic retainers can be soaked in diluted mouthwash for 10-15 minutes to freshen them daily.
- Keep retainers beyond the reach of pets and young children. Dogs and cats like to chew on retainers!
- There is a fee of \$260 to replace each retainer.
- Retainers are likely to be thrown away if they are wrapped in a napkin or placed on a food tray (so please use your case)!



- Like contact lenses, eye glasses, and other personal items, retainers can wear out over time. Retainer wear is a lifetime effort. Replacing a worn out retainer is a wise investment in protecting your smile and the long term stability of your teeth. It is important to keep your retainer in the case when it is not in use. Clean your case regularly.