



Essix Retainer

Congratulations on finishing your orthodontic treatment! Now that you have finished your orthodontic treatment, you will be given a set of retainers. Retainers are used to hold or “retain” teeth in their proper and final position. If you do not wear your retainers, your teeth will shift. Proper wear of your retainers is essential to maintain a stable tooth relationship and to keep your smile looking beautiful. Retainers are a lifetime commitment; you will *always* have to wear your retainers. If you discontinue wearing your retainers, your teeth will move out of place.



Essix Retainers are made of clear, durable plastic and they snap into place over your teeth. Once placed, your teeth and gums show through the plastic, making the retainers nearly invisible.

Use, Care, and Maintenance Instructions:

- Wear your retainers full time for the first 6 mos. After 6 mos, you can modify wear to 8-10 hours at night.
- Your retainer should be cleaned every day. Brushing your retainer with toothpaste is not recommended. You may use soap and water and/or soak your retainers in denture cleaner or Retainer-Brite.
- Never place your retainers in a napkin. They may be mistaken for trash and accidentally get thrown away.
- Keep your retainers out of reach of pets, especially dogs. Animals love retainers and may think it is their new toy.
- Do not “play” with your retainers. Do not flip it, chew on it, or try to adjust it on your own.
- Your retainer is small and clear and is easy to lose. Always keep your retainer in the case provided.
- Retainers are made out of plastic. Heat will distort the retainer. Do not boil or microwave to sterilize it. Keep your retainer away from heat, clothes dryers and sunlight.
- If you lose your retainers, break your retainers, or if your retainers do not fit properly, please call our office immediately to schedule an appointment.

One set of retainers is included in your treatment fee. If you should ever have a problem with your retainer, or if it is lost or distorted, please call the office. There will be a charge for a lost or broken retainer, or if the retainer is not worn and not fitting. We will continue to check your retainers after your braces are removed. After one year, you will be graduated from the practice. You are still welcome to come to our office at any time after your last visit for us to check your retainers. Please note that there will be a co-pay for any appointment you make after the 1 year retention period.

If you have any questions or concerns, please do not hesitate to call our office.
Congratulations!