

## ESSIX RETAINER INSTRUCTIONS

- Wear your retainers full time for 8 weeks or until your next appointment. Then your retainers will be worn half-time.
- To remove retainers from your mouth, apply pressure to the molar area on both sides. *Removing your retainer on one side only can cause the retainer to crack.*
- Remove your retainer when eating or drinking.
- Do not chew gum with retainers in your mouth.
- If you play a musical instrument which places pressure on your teeth (i.e. trumpet, saxophone, etc.) we would encourage you to wear it while playing or practicing.
- Keep appliances away from heat. This will distort retainers.
- Place retainers in case provided to avoid loss or breakage.
- If your retainer is lost or damaged, make an appointment immediately. Bring broken retainer and model with you. (this may save you from taking another impression/mold of your teeth.) *There will be a charge for lost or broken retainers.*
- After the supervised retention period, it will become the patients responsibility to replace the worn retainers

### CLEANING:

- To clean your appliance, use a soft toothbrush, liquid soap and **cold** running water. (warm or hot water can distort the retainer, toothpaste may scratch retainer and make surface look cloudy.)
- If wearing retainer half-time, toothpaste may be used to clean it.
- Efferdent may be used once a week to freshen retainers.