



Kimsey K. Anderson, D.D.S., M.S.
Anderson Orthodontics, P.C
www.abqortho.com
(505)-884-5610

Essix Retainers

Congratulations and thanks for being a wonderful patient and be sure to beam that delightful smile on one and all.

1. Wear your retainer's full time for one week. After one week, they are worn at night only. That's every night.
2. The Essix retainers can be cleaned with soap, water, and Q-tips. "Efferdent" or "Retainer Brite" are also recommended. Hot water, placing in microwave, dishwashers or storing in a hot place (like a car in summer) can cause the retainer to become warped. If this happens, they will need to be replaced.
3. Initially don't brush the clear Essix with toothpaste. It dulls the brilliance. After the first week, it is OK to use toothpaste, since you will be wearing it only at night.
4. If an edge of the retainer rubs your gums, you may trim with scissors or fingernail file and smooth with an emery board or call for an appointment for us to help you.
5. Store the retainers in the case we supplied when they are out of your mouth. DO NOT WRAP IN KLEENEX, PAPER TOWEL OR NAPKIN. IT WILL MOST LIKELY GET THROWN AWAY.
6. If the retainers are lost or broken, please call us immediately. Replacement retainers can be made at a cost of approximately \$230.00 each.
7. Wear the Essix Retainer during sport activities. They are excellent, inconspicuous mouthguards.
8. If you miss a night or two (naughty, naughty), then wear the retainer full time day & night and bite down to seat it fully. The teeth may be a little sore but should realign. If they don't, please call our office immediately.
9. You may place a bead of fluoride gel in the retainer once a week prior to bedtime and leave it there overnight. This will strengthen the teeth.
10. To maintain the best results, it is very important that you follow your retention schedule. If the schedule is not followed, your teeth may shift to the extent that the results we both worked so hard to obtain will be compromised, and re-treatment, with additional expense, would be involved. Our staff will help you in any way possible to follow your retention guidelines. Please call the office if you have any questions.
11. We would like to thank you for your efforts in helping us treat your bite. The appliances are off, your smile is delightful, and we trust you are as satisfied as we are.