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Essix Retainer Instructions

Congratulations and thanks for being a wonderful patient!

- Ⓢ Wear retainer must be worn at all times for the first week, except when eating, brushing or swimming. Afterwards, every night! PLEASE REMEMBER TO WEAR YOUR RETAINERS TO ALL FUTURE APPOINTMENTS.
- Ⓢ The Essix retainers can be cleaned with soap, water, and Q-tips. “Efferdent” or “Retainer Brite” is also recommended. Initially, don’t brush the clear Essix with toothpaste; it dulls the brilliance. After the first week, it is okay to use toothpaste, since you will be wearing it only at night.
- Ⓢ CAUTION: Do not put your retainer in boiling water, leave in sunshine or hot cars. Do not place your retainer in dishwashers or microwares as these will cause it to warp and it will need to be replaced.
- Ⓢ If an edge of the retainer rubs your gums, you may trim with scissors or fingernail file. Smooth with an emery board or call for an appointment. We would be happy to help you make your retainer fit more comfortably.
- Ⓢ 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.
- Ⓢ There is a minimum charge of \$170.00 - \$286.00 to replace a damaged or lost retainer; however, the type of retainer will determine the final fee. Please, BE CAREFUL!
- Ⓢ Wear your Essix retainer during sport activities. They are excellent, inconspicuous mouthguards.
- Ⓢ 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.
- Ⓢ 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.
- Ⓢ 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 team is here to support you in following your retention guidelines, please call the office when you have any questions.
- Ⓢ 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.