



Please follow these instructions, as well as instructions provided by our office for optimal results in use and longevity of your Clear Essix retainer.

Wear:

- Please wear your upper retainer full-time (daytime and night-time) for 1 year. Remove when eating or drinking anything other than water. The essix retainer is designed to serve as an appliance that will keep your teeth in position after your braces have been removed. At night you should be wearing your lower retainer. Please ensure that you have brushed and flossed before inserting your lower tray.
- At your 1 year follow up appointment your doctor will determine if you should continue wearing your retainer full time or if you can scale back to night time wear only.

Care:

- Brush and floss your teeth before insertion every day
- Upon removal, the retainer may be cleaned with COLD water only (to prevent the plastic from warping) and liquid soap or toothpaste. **Toothpaste can cause a dull clouding of the retainer over time.** (We recommend a soft soap instead of toothpaste.)
- With your **soft toothbrush** clean the inside of your retainer. Using care not to brush abrasively.
- Your appliance may be soaked in an over the counter denture cleaner for 2-3 times a week for a maximum of 20 mins.
- Your retainer should be stored in a dry case
- **NEVER** soak your appliance in mouthwash, or alcohol based rinses
- **NEVER** soak your appliance in bleach or harsh chemicals
- **NEVER** boil your appliance, it can distort.
- Keep appliance away from animals. They will chew appliance.

Replacement:

- If your appliance becomes lost or damaged. Please notify our office and schedule an appointment to replace your retainer immediately (in the event we need new impressions they will be taken at your visit). There is a \$250.00 charge (this will include an upper and lower retainer) for replacements.