

## Essix Retainer Instructions

**Congratulations!** You have finished the active phase of orthodontic treatment. An Essix (Clear) Retainer has been custom-made and fit for you to maintain results of your hard work. Teeth will move throughout your lifetime, but wearing retainers can limit this movement. An Essix retainer is made of a clear plastic that is durable and virtually invisible when custom fit to your teeth.

### Advantages of Essix Retainers

- Removable - for ease of cleaning
- Clear and inconspicuous
- Minimal interference with speech
- Thin and comfortable
- No metal wires

### Instructions for Use

- Brush your teeth before wearing your retainer.
- When placing the retainer, do not bite it into place. Position over your teeth and gently press up with your thumbs starting in the front and working to the back.
- When removing the retainer, loosen the retainer evenly until it can be pulled straight down. Uneven removal can cause cracks or breakage.
- There are only two places for your retainer—in your mouth and in your retainer case!
- Do not wrap your retainer in a napkin or leave on a lunch tray.
- Keep retainers away from heat (warm/hot water, car dashboards, etc.) that will distort retainers.
- Remove retainers when eating or drinking (clear, plain water is the only exception).
- When the Essix retainer is first inserted it may feel tight. Slight discomfort is common but will quickly subside with consistent wear. If an area feels rough, an emery board can be used to file the edge. Small scissors can also be used to carefully cut the section of the retainer that is rough.
- Bring your retainers to every RETAINER CHECK appointment.
- If your retainer is lost or broken, call our office right away. Do not wait until your next retainer check. Although your initial retainers were included in the treatment fee, there is a replacement cost for lost or broken retainers.



### Cleaning your Essix Retainer

- Thoroughly rinse your retainer with cool/cold water as soon as you remove it from your mouth, if possible.
- This type of retainer should be cleaned with cold soapy water and a toothbrush.
- An appliance cleaner (Retainer Brite®) or a denture cleaner (Efferdent®) can also be used to soak and clean the retainers (do not soak in Listerine or Scope).
- Do not use toothpaste. It is too coarse and will dull the brilliant finish.
- **Remember: Pets love to chew on retainers! Need we say more?**

The retention process takes time, so be patient. You have come this far, don't risk losing what you and our team have achieved. Your teeth need time to adapt to their new position, give them that time. Your reward will be a lifetime of healthy, beautiful smiles.

Visit [bernsteinortho.com](http://bernsteinortho.com) for more tips on caring for your braces and appliances.