

Essix Retainers

Essix Retainers are made of clear semi-thick plastic that are form fitted to the teeth. They are a lot like the retainers of invisalign.

Read the following instructions carefully:

1. The essix retainer is to be worn at night unless the doctor gives you specific instructions to wear it full time.
2. The retainer may be tight against your teeth when you first get it. It is supposed to fit snugly against the teeth. To take out the essix, grab the top of the retainer by the gums in the back and pull down one side at time. If you have trouble we also have a tool that can help take them out. After the retainer has been worn for a while it becomes easier to take in and out.
3. Brushing will be easier without braces, but it still means that you must brush your teeth at least twice a day. Keep that smile clean. Take the retainer out and brush your teeth, then rinse out the essix and place it in a cleaner like 'Kleenite' or 'Efferdent' to get it clean. The appliance should never be cleaned in hot or boiling water. The plastic will distort if exposed to excessive heat.
4. The essix retainer should be kept in a retainer case whenever it is not being worn. Do not wrap the appliance in a napkin or put it in a pocket, since it may accidentally be thrown away or broken.
5. Do not lose or break the appliance. There will be a \$250 replacement charge per appliance if it is lost or broken.
6. Do not let the dog or any pets get to the essix. It is not a toy for them, keep it out of their reach.

7. Remember, teeth will shift if the retainer is not worn. There may be charges for additional work to realign the teeth. Please remember to continue to see your dentist every six months.