

## Essix Retainer Advice

We are excited that you have successfully completed treatment and want to ensure you retain your beautiful new smile for a lifetime. Faithfully wearing your retainers is an **essential** aspect of orthodontic treatment!

You will need to wear your retainers **full time**, removing them only to eat, drink and brush. Immediately after braces are removed the teeth are quite mobile. Full time wear will help ensure your teeth are maintained in their intended position.

Patients and parents often ask the question "How long will I have to wear my retainers?" The honest answer is "As long as you wish to maintain your current smile." **Lifelong** retainer wear will help ensure the ideal alignment of your teeth.

**Use both hands to remove your retainer or your retainer may crack. Retainers are not repairable.**

### Clean your retainers with cold water and a toothbrush

- Never attempt to clean your retainers by placing them in boiling water. High heat will ruin them.
- Soaking your retainers in mouthwash is not recommended. Alcohol will tend to make your retainers brittle increasing the likelihood of cracking.
- For stubborn accumulations you can use liquid dishwashing detergent; you might want to get a separate toothbrush for this purpose. Rinse thoroughly!

### When your retainers are not in your mouth keep them safe inside their case

- The most common way patients lose their retainers is by accidentally disposing them after meals.
- Dogs love retainers. Believe it or not this is the second most common way retainers are lost.
- Never squeeze the ends of your retainer together...they will crack.

### Expect your retainers to last at least eighteen months with normal use

- Like eyeglasses, contact lenses or other items that are used daily- they will wear out.

### Some activities are not meant to be shared with your retainer

- Do not take your retainer boating or swimming odds are you will lose it.
- Do not chew gum with your retainers in. Gum sticks to retainers.

### Always bring your retainers with you to all appointments

- There is no charge for retention appointments; they are included in the cost of treatment.

### If your retainers are lost or broken please act immediately

- If you notice your retainer is damaged contact the office immediately. We do not want your teeth to move!
- Retainers maintain the beautiful smile we have all worked so hard to achieve.
- Replacement cost is currently \$225 per retainer.