

Essix (Clear) Retainer Instructions

Congratulations! You have a beautiful smile! Please remember that your cooperation with our instructions and your ongoing visits with us are of the utmost importance so that we can maintain your beautiful smile. Also, please remember that your appointment time has been reserved especially for you. If you find it necessary to change your appointment, please call us as soon as possible and we will do all we can to arrange another mutually satisfactory time.

After your retainer is delivered, retainer checks are made approximately 1 month after delivery. Retainer checks after the first 6 months from delivery are at a \$40 fee.

Here are the instructions that will help you and us to keep you smiling:

1. Wear your appliance 22 hours a day unless otherwise instructed. This is very important. You will need to remove it to eat, to drink, or to brush your teeth and your appliance. This is to avoid formation of cavities and stains, and warping of the aligners with extremely hot drinks.
2. Be careful. NEVER WRAP THEM IN A PAPER NAPKIN. Appliances get lost or broken when they are left on lunch trays, wrapped in paper napkins, stuffed in your pocket, etc. Repairs or replacement of a lost or broken retainer will be an additional expense to you (approximately \$300 each).
3. Please do not boil your appliance in hot water. It will distort the acrylic.
4. Please do not chew anything sticky like gum, caramels, etc. They will stick to the acrylic.
5. Please do not leave your appliance where it could be stepped on or chewed on by a dog, cat, or elephant.
6. To remove: Pull down on one side and slowly work your way around to the other side.
7. To insert: Make sure the front of the retainer is over your front teeth, then push up on the sides to make sure it is in place. You may gently bite the retainers into its final position.
8. Please wear your retainer for each office visit.
9. If any area of the retainer edges are initially uncomfortable, then use a nail file (or sandpaper) to polish the edges of the retainer.

Typical 1st month: Wear the retainers 22 hours a day (except when eating, drinking, and brushing)

Typical 2nd month and as long as you want your teeth straight: Wear the retainers every night. They are like a pair of eyeglasses that are also worn daily.

Cleaning Instructions:

Using a toothbrush, brush your appliances with toothpaste on the inside and outside. You may also visit the drugstore for **retainer** cleaning tablets located in the denture cleaning section. If using the "Retainer Brite" brand, then remember to soak no longer than 15 minutes per use.

You may experience a little discomfort for a few days while your teeth begin to settle, they are trying to move. You will also experience some extra saliva for a few days. This is also normal. It is very important that you follow these instructions so that we will be sure to maintain your beautiful smile.

If your wisdom teeth are impacted, then have them removed by oral surgery.

Last but not least - THANKS! Without you, our valued patient, we wouldn't be here. Please let us know if there is any way we may better serve you or any of your family or friends in the future!

PLEASE provide us a kind REVIEW ONLINE by visiting our website www.oaksortho.com.
Click the links to **YELP**, **GOOGLE**, or **YAHOO**. Thank you!