



The retainer is an appliance used to maintain the correction achieved through orthodontic treatment. Once you have finished treatment, you will remain an active retainer patient in our practice for approximately an additional 18 months for retainer supervision. Retainers are to be worn full time for one week, and then every night to bed for a lifetime. Essix retainers hold your teeth in the position you finished your orthodontic treatment. Your bone, muscle, and teeth must adapt to their new position. If you are not wearing your retainers your teeth may shift and the retainer will no longer fit which may result in more tooth movement and treatment again in the future. Cooperation throughout retention is vital to maintain your results.

#### Wearing the Retainer:

- To achieve maximum results, retainers are worn full time for the 1st week, and then to bed every night. We would like you to achieve a wear time of 10-12 hours a day. If you miss wearing your retainers at night, you should wear them during the day to make up the time and go back to nighttime wear.
- When first wearing your retainers you may notice that you speak differently and have excess saliva this is normal. Practice speaking and reading out loud. Your mouth will soon accommodate to your new retainers.
- Do not wear your retainers for sports, swimming or WILD PARTIES!!!

#### Appliance care:

- Brush your teeth three times a day, 2 minutes at a time. Additionally, brush the inside and outside of your retainers once a day, with toothpaste and water.
- The retainers can be soaked in a retainer cleaner such as, Retainer Brite, SonicBrite, Efferdent, Polident, etc.
- When out of your mouth, always keep the retainers in your case. Do not place them in a napkin. If placed in a napkin, the appliance usually ends up in the trash. Additionally, do not place the appliance in your pocket, as you may sit on it and break it.
- Keep the appliance away from dogs and cats; they love the smell of retainers and will think that yours is a chew toy, and potentially destroy it.
- There may be a fee if you lose or break your retainer.

If your retainer breaks, becomes loose, uncomfortable or becomes lost, please call us at (717) 637-4131.