



## Patient Care Instructions for Essix Retainer

### Insertion:

- Place the retainer over your teeth and gently press it into place with your fingers. Ensure it fits snugly and comfortably.
- Do not bite down to force the retainer into place, as this can damage it.
- Do not force the retainer into place, if the retainer does not fit an adjustment may be needed before proper fit.
- Follow the wearing schedule provided by your dentist. Initially, you may need to wear the retainer full-time, except when eating and drinking.
- After the initial period, you may transition to wearing the retainer only at night.

### Removal:

- To remove the retainer, gently pull it down from the back teeth on one side, then the other, and finally from the front. Avoid using excessive force.

### Cleaning Your Retainer:

- Clean your retainer daily to prevent plaque buildup and odors. Use a soft toothbrush and non-abrasive toothpaste or mild soap. Avoid using hot water, as it can warp the plastic.
- Soak the retainer in a denture cleaner or a solution of equal parts water and mouthwash once a week to keep it fresh and free of bacteria.

### Handling and Storage:

- Always handle your retainer with clean hands.
- When not in use, store your retainer in its protective case to prevent damage and loss. Ensure the case is clean and dry.
- Keep the retainer away from pets, as they may chew on it.

### Eating and Drinking:

- Remove your retainer when eating or drinking anything other than water. Food and beverages can stain or damage the retainer.
- Brush your teeth after meals before reinserting the retainer to maintain good oral hygiene.

### Avoiding Damage:

- Do not bend or twist the retainer, as this can cause it to lose its shape.
- Avoid using your retainer as a tool to open packages or bite on hard objects.

### Adjusting to the Retainer:

- It may take a few days to get used to wearing the retainer. You might experience some initial tightness or difficulty speaking, but this should improve with time.

If you have any specific concerns or experience unusual symptoms, don't hesitate to reach out.