

EARLY TREATMENT ESSIX RETAINER

Today, you are receiving a "**RETAINER**". Your retainers will keep your teeth and jaws where we have moved them until they are stabilized and can stay in place on their own. The reason that you have to wear retainers is that teeth always have a tendency to shift back to their original positions. Also, we don't want to lose the width we have gained in expanding your jaws. Retainers will help to prevent this. Below are instructions on "**wear and care of your retainers**". *It is very important to follow these instructions!*

DO'S AND DON'TS

DO wear your retainers **full time** for 12 weeks, **24** hours a day. *Remove only when eating or drinking anything except water, and for cleaning.* After 12 weeks of full time wear, you may then go to bedtime wear only.

DO be sure that your teeth are clean before inserting your retainers. Any residue will stain your clear retainer.

DO **care** for your retainers properly:

1. Brush your teeth and retainers with cold water, toothbrush, and toothpaste after every meal. **NEVER USE HOT WATER** (your retainers are plastic and heat may distort).
2. Once a day, you can soak them in *Effident, Polident, Listerine*, or any **clear** mouthwash for 15 to 20 minutes.
3. You may smooth any rough edges with a nail file if needed.

"If your retainers are not in your mouth, they must be in your case!!"

DON'T place the retainers in your pocket unless they are in the case. They will bend and distort.

DON'T leave retainers around any animals **THE ANIMAL WILL EAT THEM!!!!**

DON'T wrap your retainers in a napkin, towel or tissue! This is the primary reason they get thrown away. Use your case or leave them in plain sight, not wrapped.

DON'T decide on your own to stop wearing your retainers. *Remember, it took a lot of work to get this far and we don't want your teeth to shift. If they feel "tight" to wear, that is a sign your teeth are trying to move. Continue wear!*

DON'T **lose** or **break** your retainer! Replacement cost is **\$95.00**

REMINDER

You will outgrow this retainer in 6-12 months. We will not issue a new retainer when this one no longer fits because, more adult teeth need to erupt and further growth will be taking place.

FOLLOW US ON OUR SOCIAL MEDIA

