

## ***Instructions for Clear (Essix) Retainers***

### **Retainer Care**

1. Clean your retainer with toothbrush. Soak them in EFFERDENT cleanser (or any other denture cleanser)
2. Avoid high temperatures such as sunlight and hot liquids (coffee, tea, hot soups, etc.) which will cause the retainer to warp.
3. Please keep retainer away from pets, silly as it may seem, pets may chew and swallow the retainer.
4. When not wearing the retainer please keep in retainer box. The most common way to lose retainers is putting it in a napkin and accidentally throwing it away, so please keep it in the retainer box. Box should be labeled with both name and phone number in case it is ever lost.
5. Do not wear retainer while swimming or while playing contact sports.

Retainers should be worn:

- For the 1<sup>st</sup> Week - At all times
- Following Weeks - Only at night for 6 months
- After 6 months – 2 or 3 nights a week

***We recommend the retainer should be worn as long as necessary.***

***Take care of your retainer!!***