

Caring for an Essix Retainer!

- Wear your retainer all day every day except when eating or brushing – remember if it's not in your mouth your teeth are moving backwards. After a couple months, your orthodontist may recommend going to night time only wear when it is safe to do so.
- **Always keep the retainer in your case or your face. No other place!**
- Keep your retainer away from pets and small children. They chew them up!
- Do not wrap them in napkins or paper towels – this is the #1 way most people lose their retainers or accidentally throw them away.
- Do not bite your retainers into place. To place them, align the front teeth and seat them from front to back. When removing them, dislodge the back of the retainers first and work your way forward.
- Be gentle removing them, excessive force will cause cracks or tears.
- We recommend frequent cleaning of your Retainer.
 - Brush it with cold water and a toothbrush and no toothpaste morning and night.
 - If they appear cloudy, try Freshguard or use a hydrogen peroxide soaks.
 - An ultrasonic jewelry cleaner (or denture cleaner) does a great job at removing stains and buildup.
- If you feel like something is wrong or teeth are moving, let your orthodontist know right away! The sooner we see you, the sooner we can fix the problem.
- ALWAYS bring your retainer to your retainer check appointments or you will need to be rescheduled.
- If you have restorative treatment planned, you may require temporary retainers (at a cost of \$200 each) during the completion of any implants, crowns, filling, etc. It is best to coordinate your appointments for restorative treatment with our office so we can be sure to get you a replacement within 24 hours.
- If you have fillings or dental work after the completion of treatment that cause your retainers not to fit, you are responsible for the cost of replacement retainers.
- If you get your wisdom teeth out, you need to wear your retainers to your appointment and full time for 48 hours so that if there is swelling, they will still fit.
- Retainers can last up to 5-10 years with gentle care but like all things plastic, they will eventually wear out and need replacement. Replacements are not included and are at an additional cost.
- Retainers are typically warranted against defects in materials for 90 days after delivery. This does not cover damage due to abuse, neglect, or loss. You must present the retainers in person for warranty replacements.
- If you were given models at the time of retainer delivery and have them available, it may be possible to re-use them. The doctor will need to know a little more information to determine if that is a possibility for your case.
- **If you lose or break them, call us right away to have a replacement made (if it is on the weekend – please TEXT the emergency line at 425-465-4244 for further instructions). Your teeth can start shifting in as little as 24 hours. Replacement costs are \$200 per arch (\$400 for both upper and lower) or you may need re-treatment if too much time passes without a retainer.**

