



Instructions for an Upper Clear Essix Retainer

- Brush well before wearing your retainer
- To put it in: Place your retainer over your teeth, and gently press up with your thumbs starting in the front and working to the back.
- To take it out: With both pointer-finger nails, start in the back and pull down to loosen, and continue moving forward pulling down until it's out. - Gently brush it with your toothbrush and a dot of toothpaste, rinse in cool water, shake water out, and place it in its case.
- ALWAYS keep it in your retainer CASE!
- Drink only water while it's in - any other food or drink will stain you teeth and cause decay.
- Wear it EVERY NIGHT! Not wearing your retainer for more than 2-3 nights can result with your retainer not fitting properly due to tooth movement!
- When you first receive your retainer, you may feel slight soreness which is common but will quickly subside with consistent wear. If the soreness continues, or your retainer is not fitting, call us promptly for an appointment! The longer you wait, the more unwanted tooth movement can occur!
- Please call our office immediately if you notice any change in the position of your teeth.

TAKING CARE OF YOUR RETAINER:

- Daily - gently brush with toothpaste and a soft toothbrush.
- Periodically - use the "Retainer Brite" tablets available at Prose Orthodontics for deep cleaning.
- To disinfect - let soak in $\frac{1}{2}$ mouthwash and $\frac{1}{2}$ water for 30 minutes, do not boil or subject your retainer to any heat source.
- Retainers are breakable, so remember to treat them with care! And if it does get lost, broken, or eaten, please call us immediately!



And remember - PETS LOVE TO EAT RETAINERS!!! ~ need we say more?



...And please bring your retainers with you for any office visit!

Thank you for entrusting your orthodontics needs to us. We always appreciate the referral of your family members and friends.