

Molded (Essix) Retainers

- In order for the retainers to work properly, they must be worn 24/7 for the length of time specified by the Doctor. Only remove them to eat and brush your teeth. You can leave them in place while drinking most cool, clear beverages.
- When you remove them to brush your teeth, also thoroughly, but gently, brush the retainers with your toothbrush and toothpaste. Soaking them in water with Efferdent tablets once a week will also keep them clean and prevent build-up of plaque and tartar.
- Never use hot water when cleaning and soaking your retainers or allow them to be exposed to extreme heat (such as leaving them on the dashboard of the car on a summer day), as this can distort your retainers and make them ineffective.
- When you remove your retainers to eat, always place them in the retainer case provided. Never place them in a tissue or napkin, as these are often discarded in the trash.
- It is best to brush your teeth after every meal before you replace your retainers. If you can't, at least rinse your mouth with water to remove any food particles.
- Keep your retainers out of reach from pets, as they like to use them as chew-toys.
- Since these are new appliances, you will go through a period of adjustment. You may notice increased saliva, slight speech impairment, and areas of tenderness. This is normal and usually resolves in a few days. Continuous wear of the retainers will speed this process.
- Speak out loud as much as possible during the first couple of days to allow your tongue to get used to these retainers.
- The Doctor will check your retainers periodically. Please remember to bring them with you to every orthodontic appointment at the office.