Use and Care of the Essix Retainer

Your Essix retainers are made of a special plastic material that is strong and flexible. They are designed to hold your teeth in their proper positions, but they only work if they are worn faithfully, so please follow these instructions:

Wear your retainer at all times during the day and while you sleep, except when you are eating and brushing your teeth, unless otherwise instructed by your Orthodontist.

When your retainers are not in your mouth, they should be stored in a cup of room temperature water. If you are away from home, your retainers should be stored in your retainer case.

You should clean your retainers every day with a toothbrush and water (or a denture cleaner, like Efferdent).

DO NOT clean your Essix retainers with toothpaste: they will become cloudy and won't look as nice as when you received them.

DO NOT, under any circumstances, put your Essix retainer into hot or boiling water: plastic will melt, and then the retainer will not fit your teeth and will have to be at extra cost to you both in time and money.

DO NOT leave your Essix retainers exposed to the sun, such as on the dashboard of a car or in window: any excess heat will melt the retainers and change their shape, and they will have to be remade.

The retainers should fit snugly on the teeth. If the retainer(s) feels unusually loose or tends to fall out easily then call our office right away to have the retainer checked and/or replaced. We do not want you to accidentally swallow or choke on the retainer(s).

Your Orthodontist has worked hard to put your teeth in their proper positions. It is now up to you to keep your teeth stable by wearing your retainer as you are instructed. If you do not wear your retainer(s) your teeth will move. Any tooth movement which results from not wearing your retainer(s) is your responsibility. We will gladly retreat you relapse that you caused by not wearing your retainer(s), you will be charged for such retreatment.

There is a charge to replace lost or broken retainers.