



INSTRUCTIONS FOR ESSIX (CLEAR) RETAINERS

To keep your retainers looking shiny and new, clean them by wiping the insides with a soapy Q-tip and rinse well with warm water. Never use anything abrasive such as toothpaste, as this will scratch and dull their appearance. We also recommend soaking periodically in Retainer Brite, which can be purchased at www.dentakit.com or www.smileshop.com/keller, or by calling 1-877-552-7483.

When you remove your retainers to eat or brush/floss, always put them in the retainer case. Never wrap them in a napkin—it's too easy to accidentally throw them away. Don't expose your retainers to heat, such as leaving them in a hot car—they'll warp.

DO NOT EAT OR DRINK ANYTHING (except plain water) while wearing the Essix retainers. Any liquid with sugar (or even acid, like diet soft drinks) will pool around the teeth and can cause decay or white (decalcification) spots on the teeth!

Each time you clean the retainers, inspect them carefully. **IF YOU NOTICE THAT A RETAINER IS STARTING TO CRACK**—call the office immediately at (504) 347-6000 for an appointment, so that an impression for a new one can be made. And remember, wear your retainers as instructed! Teeth will move quickly without retention!

Patient's Signature

Date

Patient's Name

Witness