

Retainers



ESSIX RETAINERS



Retainers can be either removable or fixed and play a crucial role in maintaining the new, correct position of your teeth after they have been straightened. Adhering to the prescribed retainer schedule is essential to avoid any setbacks in your treatment. Remember to bring your retainer to every appointment!

Usage:

Keep your retainer in at all times unless advised differently by your orthodontist. Always remove it when eating and place it in its case to avoid loss—many retainers are misplaced in school cafeterias or at restaurants. Also, take it out before swimming.

Adjusting to Speech:

You might initially struggle with speaking or feel an increase in saliva. To adjust quicker, try reading, speaking, or singing aloud.

Cleaning:

Daily cleaning of your retainer is necessary. Use a toothbrush and liquid soap (like Dove, Dial, or Softsoap) with cold water. This routine removes plaque and odors. Opt for a regular toothbrush over an electric one for gentle cleaning. For deeper cleaning, solutions like Retainer Brite work well, or a mix of cold water and distilled white vinegar can be used to keep the appliance fresh.

Handling:

Handle your retainer delicately to avoid bending or twisting it. Ensure your hands are clean before touching it. Retainers can break, so treat them carefully. If yours is lost or damaged, contact us right away.

Insertion:

To insert, align it with your front teeth and gently press down on the back (top molars area) until it snaps into place. Avoid biting it into position to prevent damage.

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Storage:

Ideally, your retainer should be in your mouth. When not in use, always keep it in its case to prevent damage or loss. Pets are known to chew on them, so keep them out of reach. Avoid leaving them on any surface unprotected. Label your case with your name and contact number for safety. Keep your retainer away from heat and do not wash it in the dishwasher.



Following these guidelines will help you avoid the need for costly replacements and ensure your retainer lasts for years.

Should you have any questions about your retainer, or if you think it requires an adjustment, please call us directly. Never attempt to adjust it yourself.