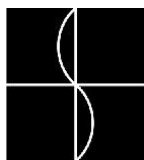


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## **Essix Retainers**

Braces loosen the teeth in order to move them to their proper position. Once braces are removed, retainers must be worn in order to prevent shifting of the teeth and to allow settling of the teeth in their new position.

We ask our patients to wear their retainers 24 hours a day for the first 3 to 4 months following the removal of the braces. After the 24-hour wear period, we ask our patients to continue wearing their retainers, while sleeping at night, for a period of 6 months. Following this, you will continue to wear your retainers one night a week, forever. Retainers must be removed before eating and brushing. It takes some time to get used to the presence of retainers in the mouth. Most people get used to wearing their retainers within a few days.

Teeth will shift and become crooked as people get older, whether or not they have had braces. By wearing your retainers, your teeth will remain straight and beautiful! Some patients order a second set of retainers in case the first set gets old and worn out over time.

To clean retainers, place them in a glass with a mixture of half lukewarm water and half Plax (Green Mouth Rinse), let them soak for 30 minutes every night, preferably while eating dinner.

Retainers should NEVER be wrapped in napkins when you take them out to eat. This is the number one reason for losing retainers. ALWAYS place them in their case when you are not wearing them. They may eventually discolor, fracture, or wear out. If this happens, please call our office for an appointment.

Congratulations on getting your braces off! Wearing your retainers and visiting us for retention check appointments are very important parts of your orthodontic treatment, and are crucial for the maintenance of your beautiful new smile.