

Congratulations on your new smile! You look terrific and we want you to be proud of your new smile and all of your hard work. It is important to securely hold your teeth in their corrected position while your bone and gums firm up around your teeth.

We have given you a *Essixis (Clear) retainer*, which is state of the art in its effectiveness and appearance. The clear color and durability of this retainer make it an ideal way to keep your smile in its brand new correction without looking like you are wearing a retainer.

To keep your smile straight and your retainer like new, here are some helpful care instructions:

- Wear your retainer full time as instructed, removing it only to eat, drink, swim, and for contact sports. As your smile stabilizes, we will prescribe a reduced wear schedule.
- **Bring in your retainer at your checkup appointments** after we have removed your braces so that we may check the fit and integrity of your retainer.
- **Brush and floss** your teeth after eating and before reinserting your retainer. Leftover food will stain and discolor your clear retainer and may cause tooth decay and bad odors. Remove your retainer when drinking any colored liquid (coke, tea, grape juice) because the solution will also discolor your retainer.
- **Do not bend, flex or chew on your retainers** when they are not fully seated or they will break.
- **Do not boil, dishwash or microwave your retainer.** It will melt or warp. Do not leave your retainer in the car on hot summer days because the intense heat will warp the retainer.
- **Do not chew gum** because it will stick to your retainer and may warp the retainer. Keep your retainer in its retainer case to prevent its loss and breakage, this means when you are not wearing your retainers they should be in their case. In addition, never place it in a folded napkin or it may accidentally get thrown away.
- Brush your retainer with a toothbrush using soap and water or just water. Do not use toothpaste because the abrasives in the toothpaste will scratch and dull your retainer.
- You may rinse your retainer with mouthwash to freshen it. However, do not soak your retainer in mouthwash because it will discolor it.
- Retainer Brite Cleaning Tablets are great for keeping your retainer fresh and bright. You may purchase these online from Amazon.com or locally at CVS.
- If you **lose, distort, or break your retainer**, call our office us as soon as possible to make a new retainer before your teeth move.
- If you miss a night of wear, after we have reduced your wear time to night time only, and the retainer feels uncomfortable, make sure you are pushing it all the way over your teeth to fully seat it. Then, continue to wear it full time for the next few days until it becomes more comfortable. You can then reduce your wear time.