

Essix Retention

Thank you for your efforts in helping us treat your malocclusion. To maintain the finished result, it is imperative that you adhere to your retention schedule. If not followed, your teeth may shift to the extent that the results we both worked so hard to obtain will be compromised and retreatment, with additional expense, would be involved. As we discussed, this can be avoided by simply wearing your retainers as directed. Please call the office if you have any questions.

The following are a few guidelines that will help you get the most benefit from your Essix Retainers:

Wear the retainer as prescribed by your doctor.

If you miss a night or two, wear the retainer full-time and bite down to seat it fully. The teeth may be a little sore but should realign. If they don't, call the office immediately.

Clean with soap, water and Q-Tips. "Efferdent" or "Retainer Brite," the commercial cleaners work fine too. DON'T brush the appliance with toothpaste. It dulls the brilliance.

DO NOT wear the retainers while participating in sports or swimming.

The ONLY beverage to be consumed during retainer wear is cool WATER!

Store the retainer, in the case we supplied, when out of the mouth.

If lost, call us immediately. Replacement retainers will be supplied at a cost of \$60.00.

If a stone model of your teeth is sent home with you, store it in a safe place as new retainers may be fabricated from the model if you need additional replacement retainers.