**Essix Retainers**

The Essix retainer is a transparent removable retainer that fits over the entire arch of teeth. These retainers are designed to maintain the new position of your teeth. In order for them to be effective, they must be worn as instructed by Dr. Duffy.

- In order for the retainers to work properly, they must be worn 24/7 for the length of time specified by Dr. Duffy. Only remove them to eat and brush your teeth. You can leave them in place while drinking most cool, clear beverages.
- When you remove them to brush your teeth, also thoroughly, but gently, bush the retainers with your toothbrush and toothpaste.
- Never use hot water when cleaning your retainers or allow them to be exposed to extreme heat (such as leaving them on the dashboard of the car on a summer day), as this can distort your retainers and make them ineffective.
- When you remove your retainers to eat, always place them in the retainer case provided. Never place them in a tissue or napkin as these are often discarded in the trash.
- It is best to brush your teeth after every meal before you replace your retainers. If you can’t, at least rinse your mouth with water to remove any food particles.
- Keep your retainers out of reach from pets as they like to use them as chew-toys.
- Since these are new appliances, you will go through a period of adjustment. You may notice increased saliva, areas of tenderness, and slight speech impairment. This is normal and usually resolves in a few days. Continuous wear of these retainers will seed this process.
- Speak out loud as much as possible during the first couple of days to allow our tongue to get adjust to these retainers.
- Dr. Duffy will check your retainers periodically. Please remember to bring them with you to **every** orthodontic appointment at the office.