

Your New Essix Retainer

Congratulations on the removal of your braces! To keep your smile beautiful, we're providing you with a set of custom-fit clear retainers to wear. It is very important that you wear these as directed by Dr. Zhu!

Here are some tips on how to take care of your new Essix retainer:

How to take care of your retainer

1. Only remove your retainers to brush or to eat.
2. Store your retainers in the included case. **Never** put them directly in your pocket, as *they will be crushed*, and **do not** wrap them in a napkin, as *you will lose them*.
3. Keep them away from pets who may want to chew on them
4. Clean your retainer with a toothbrush and toothpaste to eliminate plaque, stains, and odors.
5. Keep out of direct sunlight.
6. The retainers are temperature sensitive, they can melt if exposed to high temperatures.
7. Avoid contact with hot or boiling water, the retainers can melt.

About your Essix retainer

Following orthodontic treatment, teeth may try to return to their original position. This is called a *relapse*. A retainer is usually prescribed to prevent the teeth from shifting after braces are taken off. In some cases, a retainer can also make minor orthodontic corrections.

An ESSIX retainer is a clear, removable retainer made from a dental-grade thermoset plastic. They are custom-made to fit each patient.

Although your braces are off, you will still need to return a few more times to make sure that the retainers are doing their job and that they are being worn correctly. ***Make sure to bring your retainers to every appointment! If you lose or break your retainer, call us as soon as possible*** so that you don't lose your smile!

From all of us at Zhu Orthodontics, thank you, and good luck!