

Essex County Orthodontics
James M. Holland D.M.D.
Ji Hyun Caroline Tahk D.M.D.
Essix Retainers

Please read the instructions for wearing and caring for your new Essix retainers

- 1) Your Essix retainers should be worn 18 hours per day unless otherwise instructed. Follow up appointments will be scheduled to check the fit of your retainer and advise you for at least the first year that your braces are off. Remember to bring your retainers with you to those follow up appointments.
- 2) When you brush your teeth, brush your retainer too! **DO NOT USE HOT WATER OR TOOTHPASTE!** Use foam soap and warm **water** to clean your retainers. Try Efferdent or Polident once a month or more to refresh your retainers. Do not soak your retainers in mouth wash.
- 3) When you are not wearing your retainers, **keep them in their retainer case**. Be careful not to expose them to high temperatures...**or pets as they will chew them. And never wrap them in a napkin!**
- 4) Call the office immediately if your retainer is lost, breaks or is not fitting properly. New impressions or a scan of your teeth will need to be taken to replace your retainers. There is a charge of \$200.00-\$250.00 for each new retainer.
- 5) Your teeth will shift if you do not wear your retainers as instructed! There will be charges for additional orthodontic treatment to realign your teeth.
- 6) Please schedule a cleaning and check up with your dentist and to evaluate readiness for wisdom tooth extraction, unless already done.
- 7) Try reading a book aloud or speaking while looking in a mirror. This will help you get used to talking with your retainer in.

I understand the above information. I have had the opportunity to ask questions and have had those questions adequately answered.

Patient Name: Patient: Full Name

Patient or Responsible Party Signature: _____

Date: _____

