

# How Essix Retainers Work

Essix retainers gently guide your teeth into a position where the upper and lower sets are even, straight and align with each other. Though your teeth may feel firmly set in your mouth, they move when under constant pressure, and can assume new positions in the mouth all on their own. Essix retainers maintain the intended position following orthodontic treatment, all while providing minor corrections to slightly misaligned teeth if needed. They also can be processed to contain denture teeth or to act as a provisional restoration post-extraction.

## ESSIX RETAINER CARE

- Rinse the retainer in cold water every time you take it out and before you put it back in.
- Store the retainer in a plastic case whenever you aren't wearing it.
- Don't brush the retainer with toothpaste as it can scratch the surface.
- Brush the retainer after each meal with cool to luke warm water and a soft toothbrush.
- Don't put the retainer in hot water, which will shrink it.
- Wash the retainer with a specialized retainer cleaner once every two to three months.