

CENTURY ORTHODONTICS

OUR THIRD CENTURY OF ORTHODONTIC EXCELLENCE

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ESSIX REMOVABLE APPLIANCE

Essix appliances are made of a number of different clear thin plastic materials that are vacuum formed to your tooth molds.

Rules

- **Wear your appliance as instructed** by the doctor. Normally, wear is full time until the movement we need is completed & then night time wear after that
- **Bring it to every appointment**, even if you are only wearing it at night.
- **Keep your appliance clean.** Clean it when you brush your teeth. Rinse it whenever you take it out of your mouth for the best results. **DO NOT BOIL!**
- **No chewing gum-** Chewing gum will stick to your appliance, and it will no longer be clear.
- **Keep it safe in your case.** When your retainer is out of your mouth, it is in your case. Dogs, cats, animals, and little children like to eat them, to break them and to put them in gross places. **NEVER EVER wrap it in a napkin.** This will result in your appliance being thrown away or misplaced. **NO HOT** conditions (dishwasher, boiling and hot cars) because they will distort your appliance, and it may not fit properly.

Care of your appliance

- If an edge of the appliance irritates your gums or lips, trim with a scissors or file and smooth with an emery board (nail file).
- Store the appliance in the case we gave you when it is out of your mouth.
- Do not use hot water or leave your appliance in a hot car.
- You may use a Q-tip and liquid hand or dish soap to clean your appliance. Toothpaste is OK but will cloud the Essix because of the mild abrasive particles in it.
- After a sickness or finding it in an unclean place you may “sterilize” the appliance by using hydrogen peroxide soak (2 minutes), DO NOT use Listerine for longer than a dip because it will discolor your appliance.
- The best way to clean it is to use the Retainer-Brite cleaning tablets that can be obtained at our office or online

Lost and Broken appliances

- If you have an earlier appliance that we have replaced, keep that one as a spare to use if you lose or break your new appliance. If lost or broken, it is very important that you come in and get an impression for a new appliance as soon as possible. Even a few days are enough for the teeth to move significantly. These retainers are guaranteed for 6 months and need to be replaced after 12 months, current replacement charge is \$110 per arch.
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Long-term retention with Clear Retainers

- ***Although clear retainers are very comfortable and easy to use they have one major problem: they are not very durable. They may not break but the plastic can stretch out over time, allowing the teeth to move (even when the patient wears the retainer as instructed.)***
- ***Because we cannot guarantee that the teeth will stay straight when using clear appliances that have exceeded their expected life span, we recommend that they be replaced at least once a year, or that the patient select a more durable retainer type.***
- **I understand that new retainers are recommended and I have chosen not to have this done at this time. I understand that if my teeth move because of poorly fitting retainers or poor wear retreatment at our regular fees may be necessary.**
- **Patient: _____ Date: _____**