



## Retainer Care and Instructions for Essix, Hawley, and Vivera Retainers

- Wear your retainer at all times, until the doctor instructs otherwise.
- Take your retainer out when eating, and always put it back in its case! (Most appliances are lost in school lunchrooms or restaurants.)
- Never wrap your retainers in paper towel or napkin to avoid accidentally throwing them out.
- Clean the retainer thoroughly once a day with a toothbrush and water. Use cool or warm, but not hot, water. Brushing retainers removes the plaque and eliminates odors. Efferdent® or Polident® or other over the counter retainer cleaners can be used once or twice monthly, but do not take the place of daily brushing.
- Do not use toothpaste on your retainers.
- When your retainer is not in your mouth, it should ALWAYS be in its case. Pets love to chew on them and retainers are easy to misplace!
- Initially, you may find it difficult to speak. Practice speaking, reading, or singing out loud to get used to it faster.
- Retainers are breakable, so treat yours with care. If your retainer gets lost or broken, call us immediately.
- If you have any questions or concerns about your retainer, or you believe it needs adjusting, call us. Do not try to adjust it yourself.
- Always bring your retainer to your appointments.
- Retainer replacements are expensive, but with proper care they will last for years!
- Remove your retainer when you go swimming.
- Keep retainers away from hot water, hot car dashboards, pockets, the washing machine, and napkins.



### Essix retainer

This clear retainer is typically made in-office from an impression taken using material to create a mold. The mold is used in creating the retainer using medical grade plastic.



### Hawley retainer

This retainer is created by taking a digital scan in office and having our lab fabricate a custom retainer to fit the patient's mouth perfectly.

\*Many Phase 1 patients receive a Hawley retainer, as these can be modified as needed.



### Vivera retainer

Made by Invisalign, Vivera retainers are made of clear, durable, medical grade plastic and are created from a digital scan of your teeth taken in office.

\*Pontics/Pontic paint: Many clear retainers can have Pontic paint added to them to create the appearance of a tooth where a tooth is missing. A Pontic, essentially a temporary artificial tooth, can be added to Hawley retainers to both create the appearance of a missing tooth and help to restore function.

Please note: Retainer type(s) and the need for Pontic(s)/Pontic paint are solely determined by the dental provider.