

YOUR NEW RETAINER (ESSIX)

HOME-CARE INSTRUCTIONS



Cleaning clear retainers is essential for maintaining good oral hygiene and ensuring that the retainers stay clear and free from bacteria and odors. Here are step-by-step instructions for patients on how to clean their clear retainers **DAILY**:

Materials you will need:

1. Your clear retainers
2. A soft-bristle toothbrush (designated for retainer cleaning only)
3. Mild, unscented, and non-abrasive dish soap or a specialized retainer cleaning solution
4. A clean, empty container
5. Lukewarm water



Step 1: Gently remove your clear retainers from your mouth, taking care not to bend or twist them.

Step 2: **Rinse with lukewarm water** to rinse away any loose food particles or saliva.

Step 3: Fill the clean container with lukewarm water. Add a few drops of mild, unscented dish soap to the water. Mix to create a soapy solution.

Step 4: Place your clear retainers in the container with the cleaning solution. Ensure they are fully submerged. Let your **retainers soak for 15-20 minutes**.

Step 5: Gently scrub the retainers

After letting the retainers soak, use a **soft-bristle toothbrush** designated for retainer cleaning. Gently scrub all surfaces of the retainers, including the inside and outside. Be thorough but gentle to avoid scratching the clear plastic.

Step 6: Rinse and dry thoroughly

Step 7: Store your retainers

Place your clean, dry retainers in their case when you're not wearing them. Keep the case clean by rinsing it regularly and letting it air dry.

Maintenance tips:

- **Avoid using toothpaste**, as it can be abrasive and may scratch the retainers.
- Never use hot water to clean or soak your retainers, as it can distort the plastic.
- Do not use harsh chemicals, alcohol, or mouthwash for cleaning, as they can damage the plastic.
- If you're using a specialized retainer cleaning solution, follow the manufacturer's instructions for dilution and usage.