

**Post Op Instructions for Retainer/Essex Appliance**

When seating and removing appliance, use two hands.

 To seat line up with teeth and seat front to back, and when removing release both side and then pull straight down.

**Do not** bite into place or snatch on one side to pull out this will weaken and break the appliance.

Clean your appliance with antibacterial soap and a soft bristle toothbrush with cold water **ONLY** because hot water will distort it.

Once a week use half white vinegar and cool water to soak your appliance for about 10-15 minutes. Or, a commercial retainer/orthodontic appliance cleaner can be used such as Fresh Guard by Efferdent.

**KEEP AWAY FROM ANIMALS BECAUSE THEY MAKE GOOD CHEW TOYS.**

Please take appliance out to eat and sleep unless directed otherwise.

Please bring your appliance with you to your appointments, so we can check the fit for you at that time.

If you have any questions or concerns, please do not hesitate to call the office @ 971-7701