

ESSIX TRAY

INSTRUCTIONS

When you first begin wearing your retainer, wear them every night.

PROPER ORAL HYGIENE

Remove your retainer to eat or drink.

You do not need to remove your retainers to drink cold water.

After every meal or snack, brush and floss your teeth before reinserting your retainer.

If you don't have access to a toothbrush, you can simply rinse your mouth with water.

CLEANING YOUR RETAINER

Clean your retainer each time after wearing it.

Use a soft bristle toothbrush with water to clean your retainer.

Do NOT place the retainer in hot or boiling water or expose to excessive heat (such as direct sunlight). This may distort it.

Do not use denture cleaners or mouthwash to clean retainers. These products can damage the surface of the retainer, causing it to become less polished.

STORING YOUR RETAINERS

Place it in your protective case when you are not wearing your retainer.

Do not place them in a napkin or on the table



**SUNRISE
SMILES**

