

Patient Care for Essix® Appliance

Proper care of your Essix appliance helps maintain its appearance, comfort, and durability throughout use. Following these simple daily care guidelines will help prevent damage and keep the appliance clean and functioning properly.



Removing the Appliance

Always remove the appliance using **both hands**. Gently lift from both sides to avoid uneven pressure. **Do not twist, warp, or flex the appliance**, as this may cause cracking or breakage.



Maintain Good Oral Hygiene

Before placing the appliance, **brush and floss your teeth thoroughly**. Clean teeth help prevent plaque buildup and maintain oral health while wearing the appliance.



Rinse Before and After Use

Rinse the appliance with **warm water before inserting** it and again after removal. When the appliance is not being worn, store it dry in the provided case to protect it from damage or loss.



Cleaning the Appliance

Clean the appliance daily using a **soft-bristled toothbrush and mild soap**. Gently brush all surfaces to remove debris and maintain clarity.

Deep Cleaning

If additional cleaning is needed, the appliance may be **soaked in denture cleanser for up to 5 minutes per day**. Do not soak the appliance longer than recommended, as extended exposure may damage the material. Following these care instructions will help ensure your Essix appliance remains comfortable, hygienic, and effective throughout its use.