**How to Clean Your Retainer?**

### Hawley Retainer
- Made of thin acrylic with metal wires and clasps

### Essix Retainer
- Fully clear retainer made of plastic

#### Step 1
Remove your retainer and run it under cool water to remove any saliva and food debris.

#### Step 2
Use a separate soft brush (e.g., toothbrush, denture brush) and apply a nonabrasive cleaner (e.g., mild hand soap) with cool water and brush all areas of the retainer. **TIP:** Ask your orthodontist for the best cleaner to use.

#### Step 3
Thoroughly rinse the retainer again under cool water. Then check the retainer for any remaining debris. If some remains, repeat step 2.

#### Step 4
With the hawley retainer place the retainer in fresh cool water to keep the retainer from drying out and cracking. With the essix retainer, place them upside down in a clean dry retainer case.

#### Pro Tips
- Never wrap your retainers in a paper towel or napkin because they easily get thrown away.
- Never leave them sitting on the counter. Pets love to chew on them.
- Make sure to clean your container periodically.
- Never use hot or boiling water to clean your retainer. It can cause them to warp.