

### Bite Plane Hawley Retainer



Bite Plane Retainers are used during different phases of your orthodontic treatment to correct deep bites. A **deep bite** occurs when there is excessive overlap of the front teeth (top teeth hang too far over the bottoms). The retainer works by allowing the back teeth to erupt while the front teeth touch the retainer.

#### **Inserting Retainers**

Insert retainers with finger pressure ONLY. Do NOT use your teeth to insert retainers or they will break. Removal should be with BOTH hands to prevent cracks from occurring in the retainer: Remove one side at a time. The life expectancy of a retainer depends on the care you give it.

#### **Retainer Wear**

The Bite Plane will not allow you to bite all the way on your back teeth. Instead your lower teeth will hit the front end of the retainer and will serve as your **only point of contact** (see middle image above): This is the intentional design of the retainer; and while it seems strange at first, it is normal and you'll soon adjust to the feeling! Speech and salivation will return to normal after wearing your retainer for a few hours.

Recommended retainer wear is **full time**.

#### **Retainer Care**

It's very important to **carefully clean your teeth** by brushing flossing and rinsing well just before the retainers are placed in your mouth. **Never** drink carbonated beverages, juice, milk or anything besides plain water just before the retainers are worn. Failure to follow these instructions could result in decay and discoloration of your teeth from sugars that may be on your teeth.

A retainer is often lost when it is wrapped in a napkin at a meal and then thrown away. There are only two safe places for your retainers: in your case and in your mouth! Brush your retainers with toothpaste daily and use Efferdent or Polident (denture cleaners) once a week for best results. NEVER boil your retainers or place in hot water. Caution: if a dog gets the retainer it will be destroyed. (This could lead to bad feelings about the dog and I'm sure you like your dog – so, let's keep it that way.)

#### **Retainer Checks**

**Always** remember to bring your retainer to your appointments!

*Please feel free to call us with any questions you may have!*