



## Hawley Retainer

Retainers are used during different phases of your orthodontic treatment. Your retainers will keep your teeth in a stable position, but only if you wear them!

### ***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. Speech and salivation will return to normal after wearing your retainer for a few hours.

### ***Retainer Wear***

Wear your retainer as directed by Dr. Cooke. If the Hawley is used as a final retainer, you will need to wear it FULL TIME for 1 month and then continue wearing the retainer every night to retain the present alignment of your teeth. Failure to wear your retainer as directed will result in teeth shifting and the possibility of requiring re-treatment. As we like to say, “**Retainers are FOREVER!**”

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.

### ***Retainer Care***

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 either denture cleaners (Efferdent or Polident) hydrogen peroxide or white vinegar 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 Check-ups***

Always remember to bring your retainer to your check up visits! Retainer check-ups will be every one to six months for up to two years.

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