

## Phase I 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. **Normally, Dr Cooke will have you wear the retainer FULL TIME for 6 months and then night time (12 hours per day) until you are ready for Phase II.** It is important to wear your retainers or your teeth will go back to where they were. If you leave your retainers out for a few days, do not expect to correct the resultant problem by then wearing your retainers.

It's very important to **carefully clean your teeth** by brushing, flossing and to 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 likely 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.)

### **Growth & Guidance Visits**

Always remember to bring your retainer to your growth guidance visits! These visits will be every six to twelve months.

### **Cookie Club**

Welcome to the Cookie Club! Remember to bring your stamp card to all your visits to keep earning prizes!



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