



RETAINERS

You have completed your orthodontic treatment and are now in your retention and final phase of treatment. During this phase of treatment, it is important that you be seen 4-6 weeks after you receive your retainers, then periodically over the next year for retainer check ups.

Removable Hawley Retainers

1. This retainer is worn full time for one year and then indefinitely at night.
2. The retainer may be removed during meals. However, this is risky because retainers are often thrown away after a meal. This can be avoided if it is immediately placed in the plastic retainer case whenever it is removed from the mouth.
3. The retainers should not be placed in a pocket or purse or left exposed to dogs, little children, waiters or garbage disposals.
4. Remove the retainer by hooking a fingernail over the edge in the molar area. Reinsert the retainer with fingers only. Do not "bite" it into place.
5. The retainer should be removed when brushing your teeth. It should be brushed with toothbrush and toothpaste every time you brush your teeth. It should also be soaked weekly in a denture cleaner. This should be done during the dinner hour so no wearing time is lost.
6. Do not boil or place in the dishwasher to clean. THIS WILL DEFORM THE RETAINER.

Clear Essix Retainers

1. Same instructions as above except for the following: NEVER eat or drink (except water) while wearing this retainer.
2. Brush with toothbrush and water or mouthwash – NEVER use toothpaste.

Fixed Retainers

1. This retainer is bonded in place and worn indefinitely.
2. Avoid biting into hard foods with your front teeth.
3. Clean retainer by first brushing behind the front teeth. Next, use floss around the teeth. Once under the wire, the floss can be worked back and forth between the teeth.

**** If a retainer is lost or broken, please call us as soon as possible for an appointment. We do not want your teeth to move!**

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