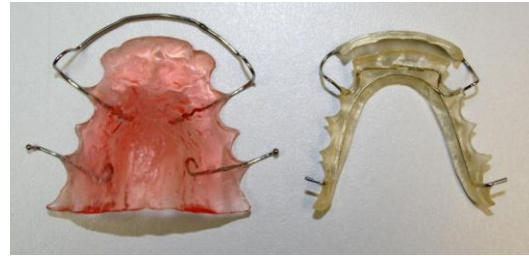




Hawley Retainer

Some of our patients will receive a **Hawley Retainer** when their braces are removed. It effectively maintains the alignment of teeth, while simultaneously allowing for controlled, minor movement of teeth which orthodontists call "settling." When worn as instructed, our patient's occlusion actually improves in the critical first few weeks after the braces are removed. Retainers are truly as important as braces in the long-term result of orthodontic treatment. Please follow our use, care, and maintenance instructions carefully. Proper wear of your retainers is essential to maintain a stable tooth relationship and to keep your smile looking beautiful. Retainers are a lifetime commitment; you will *always* have to wear your retainers. If you discontinue wearing your retainers, your teeth will move out of place.



Use, Care, and Maintenance Instructions:

- Wear your retainers full time for the first 6 mos. After 6 mos, you can modify wear to 8-10 hours at night.
- Your retainer should be cleaned twice a day. Your retainer will collect food and plaque just like your teeth will. Brushing your retainer as well as your teeth is important to good health, good breath, and optimum results!
- Never place your retainers in a napkin. They may be mistaken for trash and accidentally get thrown away.
- Keep your retainers out of reach of pets, especially dogs. Animals love retainers and may think it is their new toy.
- Do not "play" with your retainers; the wires can bend or break. Do not flip it, chew on it, or try to adjust it on your own.
- Retainers are made out of acrylic. Heat will distort the retainer. Do not boil or microwave to sterilize it. Keep your retainer away from heat, clothes dryers and sunlight.
- If you lose your retainers, break your retainers, or if your retainers do not fit properly, please call our office immediately to schedule an appointment.

One set of retainers is included in your treatment fee. If you should ever have a problem with your retainer, or if it is lost or distorted, please call the office. There will be a charge for a lost or broken retainer, or if the retainer is not worn and not fitting. We will continue to check your retainers after your braces are removed. After one year, you will be graduated from the practice. You are still welcome to come to our office at any time after your last visit for us to check your retainers. Please note that there will be a co-pay for any appointment you make after the 1 year retention period.

If you have any questions or concerns, please do not hesitate to call our office.
Congratulations and good luck with your retainers!