

## Hawley Retainer

Retainers can be either "active" (used to move teeth) or "passive" (used to hold teeth in their current position). Your retainer will likely be used in both of these ways: first to move your teeth into a better position, then to hold them in that position. For your treatment to be successful, there are several things you should know:

1. The retainer should be worn ALL OF THE TIME, except when eating or brushing your teeth. You may remove it as needed for speeches at school, choir class, sports, etc.; however, the more it is worn, the better it works and the faster you will be done!
2. You may experience difficulty speaking until your tongue adjusts to the retainer. Don't worry, this will get better! Reading out loud and talking more will help you adjust faster.
3. Remove the retainer by pulling down and out on the clasps (wire hugging the teeth) in the back. If your retainer has a wire along the front teeth (labial bow), do NOT pull down on this as it will stretch the wire out and your retainer will not fit properly.
4. Do not flip the retainer in and out with your tongue, as this will also stretch the wires out and the retainer will not stay in as well.
5. Carefully brush your retainer with toothpaste every time you brush your teeth (at least twice per day) to keep it clean and smelling nice. You may also soak it in denture cleaner or white vinegar to clean it. Do not boil it, put it through the dishwasher or washing machine as this can damage the retainer.
6. When you remove your retainer, put it in your retainer case. Do not wrap it in a napkin and place it on your lunch/dinner tray as it will get thrown away! A loose retainer in your pocket or backpack can easily be broken. Keep the retainer out of the reach of pets, as they have been known to chew through the case to get to the retainer!
7. Loss or breakage of retainers will incur additional lab fees to cover replacement.