

Hawley Retainer Advice

We are excited that you have successfully completed treatment and want to ensure you retain your beautiful new smile for a lifetime. Faithfully wearing your retainers is an **essential** aspect of orthodontic treatment!

You will need to wear your retainers **full time**, removing them only to eat, drink or brush. Immediately after braces are removed the teeth are quite mobile. Full time wear will help ensure your teeth are maintained in their intended position.

Patients and parents often ask the question "How long will I have to wear my retainers?" The honest answer is "As long as you wish to maintain your current smile." **Lifelong** retainer wear will help ensure the ideal alignment of your teeth.

Clean your retainers with cold water, toothpaste and a toothbrush

- Never attempt to clean your retainers by placing them in boiling water, mouthwash or bleach as it will ruin your retainers.
- Some patients may notice tartar build up on the acrylic. You can guard against this by making sure to thoroughly brush your retainers everyday. As an additional step tartar can be removed by soaking retainers in vinegar when not being worn. This will work but it takes time (weeks).

When your retainers are not in your mouth keep them safe inside their case

- The most common way patients lose their retainers is by accidentally disposing them.
- Dogs love retainers. Believe it or not this is the second most common way retainers are lost.

Some activities are not meant to be shared with your retainer

- Do not take your retainer boating or swimming, odds are you will lose it.
- Do not chew gum with your retainers in. Gum sticks to retainers.

Expect your retainers to last a minimum of three years with normal use

- Like eyeglasses, contact lenses or other items that are used daily – they will wear out.
- If your retainer is damaged please do not try to repair it yourself. Contact our office immediately so we can address the problem appropriately. We do not want your teeth to move!

Always bring your retainers with you to all complimentary retention appointments

- Retainers will loosen with wear. Bring them with you and we will keep them fitting their best.

If your retainers are lost or broken please act immediately

- Retainers maintain the beautiful smile we have all worked so hard to achieve.
- Replacement cost is currently \$225 per retainer.