

Hawley Retainer Instructions

Congratulations! You have a beautiful smile! Please remember that your cooperation with our instructions and your ongoing visits with us are of the utmost importance so that we can maintain your beautiful smile.

After your retainer is delivered, a retainer check is made approximately 1 month after the delivery. Retainer checks after the first 6 months from delivery are at a \$40 fee.

Here are the instructions that will help you and us to keep you smiling:

1. Wear your appliance 24 hours a day unless otherwise instructed. This is very important. You will remove it only to eat or to brush your teeth and your appliance.
2. Be careful. Appliances get lost or broken when they are left on lunch trays, wrapped in paper napkins, stuffed in your pocket, etc.) Repairs or replacement of a lost or broken retainer will be an additional expense to you (approximately \$300 each).
3. Please do not boil your appliance in hot water. It will distort the acrylic.
4. Please do not chew anything sticky like gum, caramels, etc. They will stick to the acrylic.
5. Please do not leave your appliance where it could be stepped on or chewed on by a dog, cat, or elephant.
6. To remove: Pull down on the side clasps. Do not pull on your front wire.
7. To insert: Make sure the front wire is over your front teeth, then push up on the sides to make sure it is in place.
8. Please wear your retainer for each office visit.

Typical 1st month: Wear the retainers 22 hours a day (except when eating, drinking, and brushing)

Typical 2nd month and as long as you want your teeth straight: Wear the retainers every night. They are like a pair of eyeglasses that are also worn daily.

Cleaning Instructions:

Using a toothbrush, brush your appliances with toothpaste on the inside and outside.

You may experience a little discomfort for a few days while your teeth begin to settle, they are trying to move. You will also experience some extra saliva for a few days. This is also normal. It is very important that you follow these instructions so that we will be sure to maintain your beautiful smile.

If your wisdom teeth are impacted, then have them removed by oral surgery.

Last but not least - THANKS! Without you, our valued patient, we wouldn't be here. Please let us know if there is any way we may better serve you or any of your family or friends in the future!

Kindly provide us a REVIEW ONLINE by visiting our website oaksortho.com. Click the links to **YELP**, **GOOGLE**, or **YAHOO**. Thank you!