

# Hawley Retainers

Hawley retainers are made of acrylic and metal. The acrylic makes up the base of the retainer which fits in the palate or on the inner side of the teeth. The metal pieces are a wire that comes over the front of the teeth and two metal hooks on the side to keep the retainer in place.

Read the following instructions carefully:

1. Removable appliances should be worn full time except when eating or brushing, unless instructed otherwise. After six months you can wear your retainer at night, unless instructed otherwise.
2. Appliances should be removed and cleaned after every meal.
  - The appliance should be brushed gently on both sides with a soft toothbrush.
  - Baking soda or denture cleaner should be used to soak the appliance for a few minutes each day.
  - The appliance should never be cleaned in hot or boiling water. The plastic will distort if exposed to excessive heat.
3. The retainer should be kept in a retainer case when not being worn.
  - Do not wrap the appliance in a napkin or put it in a pocket, since it may accidentally be thrown away or broken.
  - Broken pieces should be saved in the case so they may be reused or repaired.
4. Do not lose the retainer. There will be a \$280 replacement charge per appliance if they are lost. There will be a \$180 repair charge if the appliance is broken and can be repaired.
5. Keep appliances away from pets.
6. To get used to talking with the retainer, read a book aloud or speak while looking in a mirror.
7. Remember, teeth will shift if the appliances are not worn. There may be charges for additional work to realign the teeth.