

## ***INSTRUCTIONS FOR HAWLEY & ESSIX RETAINERS***

**Retainers are the important final step in assuring that your new orthodontic result will last. They are as vital to success as every other part of your orthodontic treatment. When the braces are first removed, the teeth will have a tendency to shift back to their old positions. That is why it is important for you to wear your retainer as instructed.**

1. Retainers should be worn 9 - 12 hours each day for the first month. This can be while sleeping and 2 – 3 additional hours each day. They should be removed when eating and when cleaning the teeth. After the first month, they may be worn while sleeping only, which would be approximately 8 hours per day. Be sure to wear your retainer each night to ensure a stable result. Long-term retention is often needed.
2. Your retainer should be cleaned as soon as you remove it from your mouth. It can be cleaned with your toothbrush, cool water and toothpaste.
3. When the retainer is removed, it should be placed in the case provided.
4. Heat will distort a retainer. Dogs and cats love to chew on retainers. Little brothers and sisters love to lose retainers. Please keep them in their case – in a safe place – when they are not being worn.
5. A retainer that suddenly does not fit is an indication that it has not been worn regularly. Please adhere to the recommendations we give regarding the amount of wear necessary to sustain your result.
6. Any lost, broken, or malfitting retainer that needs to be replaced will incur an additional charge.
7. Please call our office if you have any questions at any time.
8. **BE SURE TO BRING YOUR RETAINER(S) TO YOUR APPOINTMENTS**

Signed: PATIENT: \_\_\_\_\_ DATE \_\_\_\_\_

PARENT: \_\_\_\_\_ DATE \_\_\_\_\_