



### HAWLEY RETAINER

**YOUR UPPER RETAINER-** (*Hawley type retainer which has plastic covering the roof of the mouth and wires holding the teeth.*)

1. Your upper retainer is to be worn 24 hours a day (or as instructed by the doctor) , 7 days a week for approximately six months unless otherwise instructed by the Doctor.  
It may be removed for sports or certain instruments and eating if you desire.
2. You should clean your retainer with toothpaste and a toothbrush after each time you eat. Do NOT soak the retainer in denture cleaner, as this can dissolve the solder joint at the molar clasps. If you can't brush after a meal at least rinse your mouth out with water. Clean the retainer over the sink in case it slips or falls. The retainer is fragile and can break if dropped.
3. If your retainer becomes loose, uncomfortable, does not fit well or or becomes lost, please call the office right away for an appointment.  
**IF THE RETAINER IS NOT WORN FOR EVEN A FEW DAYS , THE TEETH CAN SHIFT QUICKLY!!**
4. **IF YOU SHOULD LOSE OR BREAK YOUR RETAINER BEYOND REPAIR THERE WILL NEED TO BE A CHARGE.**
5. During the first few days of wearing the upper retainer you may have difficulty with speech and eating. This should only last a few days.
6. Handle the retainer with care: whenever it is not in your mouth please keep it in the case provided. **NEVER WRAP THE RETAINER IN A NAPKIN OR TISSUE OR PLACE IT IN YOUR POCKET.** This is a common way to lose or break the retainer.
7. **KEEP THE RETAINER AWAY FROM PETS.** They like to chew on retainers and this can lead to damage of the retainer.