

HAWLEY RETAINER



Congratulations! The active phase of your orthodontic treatment has been completed and you are now entering the retention phase.

It is very important that we maintain the new positions of your teeth while the bone and supporting tissues have the opportunity to adapt.

Even if you are an adult, there are constant changes taking place with your mouth and bite.

- Please wear your retainers 24 hours a day or as otherwise directed. Dr. Sadowski will advise you when the wear schedule should change.
- Remove your retainer(s) before eating, but be sure to place them in your case or a safe place. Many retainers are lost due to careless handling or storage.
- Keep your retainers clean by brushing them daily with a toothbrush and toothpaste. You may freshen your retainers by soaking them in mouthwash.
- If your retainers become broken or damaged, they may not fit properly. This may lead to unwanted shifting of your teeth. Please contact our office immediately should this happen. Additional charges will be incurred for retainer replacements.

