



## Hawley Retainers

These retainers are used like any other, to keep the teeth in place. We use these retainers mostly to allow teeth to continue to settle into place. If you look at the design of the retainer they hold the teeth from the front and the back and they allow the teeth to move up and down. When there is a desire of this type of movement to happen we will often use this type of retainer.

- **Hawley retainers should be worn the required amount of time recommended by your orthodontist.** Your cooperation with wearing the retainers will determine how long they have to be worn.
- Eating and speaking will most likely be discouraging for the first few days.
- **Cleanliness of the Hawley retainer, the roof of your mouth and all of the teeth against which the Hawley retainer fits, is a must.** While at school or away from home, rinse the retainer after meals; while at home, brush it with your toothbrush after every meal just as you do your teeth.
- **Soreness of certain teeth is quite common during the first few days.** Any irritation of the gums, cheeks, or lips should disappear within two or three days. If the irritation is persistent, or if any wire should accidentally be bent, call the office for an emergency appointment to have it repaired.
- It is your responsibility to wear it!
- You may have to wear the Hawley retainer for a long period of time- try not to become discouraged these first few days as eating and speaking will gradually improve.

If at any time you have a question or problem, please call our office at 574-233-7444.