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**PHASE 2 HAWLEY RETAINERS**

Congratulations on your new smile!!

**Why were you given a retainer?** When the braces are removed, the bone around the teeth is soft. Immature bone is not strong enough to hold the teeth in their new position. Retainers hold the teeth in their new position and minimize future tooth movement.

**When should you use your retainers?**

* You will need to wear your new retainers **all the time** except for eating and brushing your teeth for the **next 8 weeks** or until your first retainer check appointment (bring your retainers!).
* At your first retainer check appointment, Dr. Dustin will check and make sure your retainers are fitting properly and he will let you know if you move to only night time wear.
* You will continue to wear your retainers as long as you want to keep your teeth straight which means: **wear them** **for the rest of your life**!
* When you are not using your retainers, please store them in the case.
* Do NOT wrap them in a napkin because they can be thrown away or damaged.
* **Keep them away from your pets**.



**How do you clean the retainers?**

Retainers should be cleaned daily with antibacterial soap and water. You can also use a retainer/denture cleaner. We recommend using **M3 Naturals Extra Strength Retainer Cleaner.** You can purchase it at the office or off of Amazon. Do not use toothpaste because it will scratch them. Do not use hot water.

**What should you do if your retainers are lost, broken, or loose?** Please call our office right away if you need to have a new one made. If you feel like your retainer is broken, loose, or not fitting properly before your next check appointment, please call us so that we can make sure it is fitting properly or repair it. **An additional fee is charged for a new retainer or if your existing one needs repair.**

Please keep the 3D models of your teeth because they can be used to make a new retainer. Put them somewhere safe.

**What happens if you do not wear your retainer and your teeth move?** If you do not wear your retainers and your teeth move, you may need to have braces/Invisalign again or a new retainer. You will be charged an additional fee.

Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Patient Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Legal Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_