



BRENT HOGGAN ORTHODONTICS

## HAWLEY RETAINERS

**Description:** Hawley retainers are made of wire and acrylic, and are made from an impression of your teeth. These retainers have a variety of uses, including the following: 1) holding the teeth in place after braces have been worn, 2) closing spaces or doing minor tooth movement, 3) replacing missing teeth, or 4) correcting bite issues such as deep overbites or simple cross-bites.

**When to wear them:** You will be told how often to wear the retainers when they are given to you. Generally, Hawley retainers are worn only at night if they are merely keeping the teeth straight, but worn day and night if they are being used to accomplish tooth movement or bite correction.

**When NOT to wear them:** Hawley retainers must be removed for gum chewing, brushing, and playing sports. If you have been instructed to leave them in while eating, they will need to be cleaned immediately afterwards. When they are removed for any reason, they should always be placed in the retainer case you were given with the retainers.

**Care Instructions:** Hawley retainers should be removed and brushed with a toothbrush at least twice a day. They should be rinsed with water whenever they are removed from the mouth during the day. In addition, if they are developing any build up or unpleasant odor, they may be soaked in a denture cleanser (e.g., Efferdent, Polident) as often as needed. Make sure the denture cleanser says it is safe to use on orthodontic appliances. Finally, they should never be boiled or washed in a dishwasher, because high temperatures will distort them significantly.

**Possible Problems:** The most common problem patients have with retainers is having them chewed up by their dogs, so please keep them out of reach of your dog. Other common problems include losing them or breaking them. To avoid these problems, make sure they are placed in their case when not in the mouth. As mentioned above, exposure to high heat will distort the retainers. This can even occur if they are left in the car on a hot day. Finally, sores occasionally develop where the retainer rubs against the gums. If you are experiencing any of the problems listed above, please contact our office immediately so the problem can be resolved.

**Replacement Costs:** Hawley retainers are quite durable, and should last at least 5 years if proper care is taken of them. If the retainers are not worn for an extended period of time, you can expect the teeth to shift to the point that the retainers no longer fit. When the retainers do wear out, or if they are lost, broken, or no longer fit, there will be a replacement cost. If they can be repaired, then we will repair them at a reduced cost.

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