

HAWLEY RETAINER



INSTRUCTIONS FOR THE CORRECT WEAR AND CARE

Congratulations on finishing the active phase of your orthodontic treatment. Your braces have been removed and you now have a beautiful smile. However, to maintain your finished result, it is imperative that you follow your retention schedule as outlined below. Otherwise your teeth may shift to the extent that the results we worked so hard to retain will be compromised and re-treatment, with additional expense, may be necessary.

This can be avoided by simply wearing your retainers as directed.

When asked to wear full time, only remove for eating, drinking, sports and cleaning.

Always put them in the special brace box which can be purchased at reception when you are not wearing them and store them in a cool, dry place.

Keep them away from young children and pets.

Clean them with a commercial retainer cleaner (VITIS Effervescent cleaning tablets) which can be purchased at reception. Always use cool water. Do not use boiling or warm water, bleach or anything else.

Neither should you brush them with toothpaste as it dulls their brilliance and can eventually make them become brittle. Resist the urge to fiddle with your brace. Tampering with delicate wires can cause you severe discomfort, and damage your brace.

Email us immediately if you lose/damage your retainer(s) on reception@wimbledon-orthodontist.co.uk

Replacement retainers can be made at a cost and this will be discussed at the time of request.

As always, if you have any questions or concerns, don't hesitate to get in touch

Please remember that your retainers will need to be worn long term (indefinitely) to maintain the alignment of your teeth otherwise your teeth will move.