



Kimsey K. Anderson, D.D.S., M.S.  
Anderson Orthodontics, P. C  
[www.abqortho.com](http://www.abqortho.com)  
(505) 884-5610



### Hawley Retainer Instructions

Congratulations and thanks for being a wonderful patient!

- Ⓢ The retainer must be worn at all times for the first week, except when eating, brushing or swimming. Afterwards, every night! PLEASE REMEMBER TO WEAR YOUR RETAINERS TO ALL FUTURE APPOINTMENTS.
- Ⓢ It is natural to experience fullness in your mouth with a new retainer. The feeling will go away after 1-2 days as you wear your retainer full time.
- Ⓢ It is natural to experience difficulty in talking at first. With a little practice, it will gradually improve.
- Ⓢ Expect to have an excessive flow of saliva at first.
- Ⓢ The plastic taste is a bummer, but it will disappear in a few days. You can soak the retainer in mouthwash to help.
- Ⓢ You should brush the retainer inside and out at least two times a day with a toothbrush and toothpaste. Soaking it in a retainer or denture cleanser is recommended.
- Ⓢ To prevent loss or breakage, the retainer should be kept in a plastic retainer case whenever it is out of your mouth. Keep your retainer and its case away from dogs, cats and little brothers. They can be destroyed in a hurry.
- Ⓢ By far, the number one reason for losing retainers is by wrapping them in a napkin and leaving them in restaurants. Many hours have been spent looking through trashcans for retainers. Please don't let this happen to you.
- Ⓢ There is a minimum charge of \$230.00 - \$500.00 to replace a broken or lost appliance; however, the type of appliance will determine the final fee. Please, BE CAREFUL!
- Ⓢ Soreness and sensitivity of teeth are quite common the first few days. Irritation of gums, cheeks or lips should disappear within 3 to 4 days; if they persist, phone the office for an appointment.
- Ⓢ If any wire should be accidentally bent or broken, call the office for an appointment as soon as possible.
- Ⓢ CAUTION: Do not put your retainer in boiling water, leave in sunshine or hot cars. Do not place your retainer in dishwashers or microwares as these will cause it to warp and it will need to be replaced.