



Jarosz & Valente Orthodontics, P.C.

Practice Limited to Orthodontics

Children & Adults

www.jvortho.com

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Hawley Retainers

The purpose of your retainer is to hold the teeth in their new corrected position. Relapse (return of the teeth to their original position) can be seen with some patients. Good retainer wear will help prevent this process. Currently, orthodontists are recommending longer retainer wear since tooth positions can change as we grow and age. Supervision of tooth alignment becomes a life-long process. Lost retainers are always a problem.

Wearing Instructions:

Initially, the retainers need to be worn 24 hours each day. The retainers are only to be taken out for eating, swimming, any contact sports, and brushing.

Whenever you take the retainers out, be sure to put them in your labeled retainer case so that they will not get broken or lost.

If you lose or break your retainer(s), you will be charged the current retainer fee for replacement.

Care of your retainers:

Clean your retainers with a toothbrush and toothpaste at least once each day. Also, Efferdent (denture cleanser) can be used from time to time to keep your retainers clean. Never place your retainers in boiling or very hot water. This can melt or distort them. Keep retainers out of reach of any pets. Be sure to bring your retainers to each appointment so that they can be checked.

IF FOR ANY REASON YOU ARE UNABLE TO WEAR THE RETAINER(S) OR THEY BECOME LOST OR BROKEN; PLEASE CONTACT THE OFFICE IMMEDIATELY (DURING OUR NORMAL BUSINESS HOURS). DO NOT WAIT UNTIL YOUR NEXT APPOINTMENT!!