

## CONGRATULATIONS!!!

We know you are proud of the way your teeth look and feel. You should be, because your help and cooperation have played a very important role in the progress of your treatment.

**Your first year of post treatment care and one set of retainers are included in your original contract. After that you will be released from active care. If further adjustments are needed, or the retainer is lost or broken, additional office visit fees will be incurred.**

**Please bring your retainer to your Retainer Check appointments**

**\*\*Please follow these instructions for the care and maintenance of your retainers\*\***

### ORTHODONTIC HAWLEY RETAINER INSTRUCTIONS

1. Your new retainers are to be worn full time, including school hours and nighttime. The only exceptions are when eating, cleaning your retainers, playing contact sports, or swimming in a lake, ocean, or waterpark where the retainers cannot be retrieved if they come out.
2. Dr. Lepetich has provided a retainer case to store your retainers when they are out of your mouth. Retainers are easily lost, damaged, or broken if not placed in the case. **Never** place retainers in your pocket wrapped in a napkin, or on a food service tray. If you have pets, **always** keep retainers in the case when they are not in your mouth.
3. Your retainers need to be cleaned every day. Hold the acrylic part of the retainer (**never the wires**) in the palm of your hand and gently brush with toothpaste and water.  
We also recommend you clean your retainers daily (or at least 3-4 times per week) using a Denture Cleaner. Follow the instructions on the box for the length of time. Make sure the solution is room temperature prior to soaking your retainers.
4. Never expose your retainer to heat. This can change the shape of your retainer and it may not fit properly.
5. Your Orthodontic Assistant will demonstrate the proper way to insert and remove your retainer. Never play with the wires of the retainer as it may lead to weakening or breakage.

If your retainers become loose, broken, or lost call the office immediately. When you are not wearing your retainers as directed, your teeth can shift and change position quickly!

Be very careful! There is a **fee** to **replace or repair a lost or broken retainer.**

**IF YOU HAVE ANY QUESTIONS OR CONCERNS DO  
NOT HESITATE TO PHONE OUR OFFICE!**