

instructions for hawley (retainer)

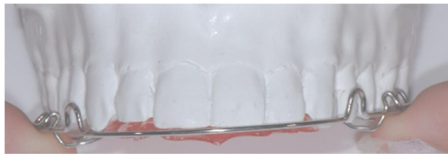


what does a hawley do?

The hawley is a retainer that can hold, close or open a space between teeth, depending on what needs to be done.

fitting your hawley

1. To place your hawley, you should always begin by looking in the mirror and positioning the retainer in your mouth, so that the plastic is directly underneath your palate and the wire is resting just outside your front teeth.



2. Next, begin pushing upwards against the plastic with your thumbs and fingers until the hawley 'clicks' into place.

3. The hawley should feel tight and appear close fitting over the front teeth. The wire across the front of the teeth should be sitting approximately in the centre of each tooth.



removing your hawley

When removing your hawley, always use your finger nails to locate the little metal ledge on either side of the hawley and pull downwards. Avoid pulling on the wire at the front of the hawley as it can bend and become distorted.



eating

It is a good idea to remove your hawley each time you want to eat. You can still drink water with the hawley in place.

speech

In the first few days your speech will be altered and you will produce extra saliva. This will reduce with time and practice. Reading out loud for 5 to 10 minutes a day will help you get your speech back to normal again.

wear

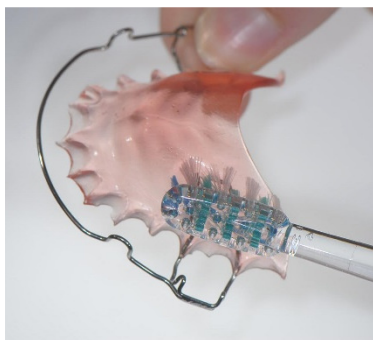
Unless otherwise instructed, your hawley should be worn almost 24 hours a day. This means that you leave your hawley in for sleeping, going to school and sitting at home. The only times you may remove your hawley is when you are cleaning your teeth, playing a contact sport, eating very hard or sticky food, or swimming at the beach.

cleaning your hawley

Your hawley should be cleaned every day (morning and night) with a soft toothbrush and warm running water. The best time to clean your hawley is when you are brushing your teeth, as you will be near a sink and the hawley needs to be removed anyway. It should not be cleaned with toothpaste. Warm running water and if you wish, hand soap or detergent are preferable.

When at school/work, rinse your mouth out with water to remove any remaining food after you eat. You can use the water bottle provided.

Retainer cleaning tablets such as Retainer Brite or Sterident may also be used occasionally if the hawley develops an odour over time.



what we give you today

-A retainer case - A safe place to keep your hawley when it's not in your mouth or being cleaned.

-A sample of Retainer Brite - To aid keeping your hawley in near-new condition. This is for you to use once every few months. Place tablet and hawley in a glass of water for 15mins and then brush with the baby toothbrush to give it a thorough clean. You can purchase more from our reception desk.

important

If you lose or break your hawley, if it feels strange or it's not fitting as well as it used to, make an appointment to see us as soon as possible. There will be a fee to replace a lost or broken hawley.

Make sure you always use cold or luke-warm water to clean your hawley. Boiling hot water will melt and distort it.

Warning: Not wearing your hawley may result in you needing braces again!