

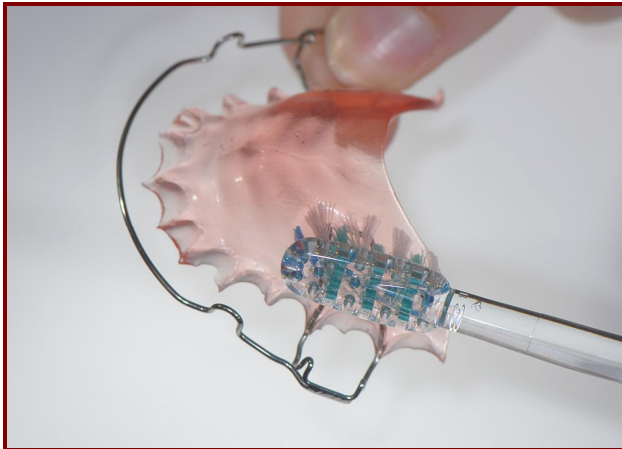
instructions for hawley (retainer)

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, handsoap 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.

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



what you get today □

A baby toothbrush - it is soft and small enough to help clean your hawley with.

A 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 15 minutes 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 if it is not fitting as well as it used to, make sure that you 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 distort it.

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



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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 □



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.



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



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 will 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.

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.

wearing □

You will wear _____
for _____ weeks/months. Then wear to
bed every night until advised otherwise
(to be noted at your issue appointment).