



**CONGRATULATIONS!** Time to enjoy your new smile. Retention is the final phase of your orthodontic treatment. You will be given 2 sets of retainers. You **MUST** wear retainers full-time for the first 3 months after your braces have been removed. The following will give you information on the types of retainers, how to wear and how to take care of them.

**ESSIX (CLEAR) RETAINERS** - This is the first set of retainers you will be given after your braces come off. These should be worn full time except when eating and brushing. To clean these retainers use a toothbrush (not the one you currently use on your teeth) and a small amount of toothpaste. Please put the retainer in the case you are given when not wearing to avoid accidentally throwing them out. If at some point you need to take them out and you do not have the case with you, wrap them and put them in your pocket. NEVER WRAP THEM AND SET THEM DOWN- THEY WILL BE THROWN OUT.



**HAWLEY RETAINERS** - This is the second and final set of retainers you will be given. You will be given the option of wearing the clear retainers during the day and Hawley Retainers at night. These should be cleaned with a toothbrush (as described above). It is also helpful to soak them once a week in a tablet denture cleaner. Any brand is fine. Do not put in dishwasher. Please put retainers in the case after taking them out. If you do not have the case with you - wrap them and put them in your pocket NEVER WRAP THEM AND SET THEM DOWN - THEY WILL BE THROWN OUT.



### **HOW OFTEN TO WEAR YOUR RETAINERS:**

- \*For the first 3 months you should wear your Essix Retainers (days) and Hawley Retainers (nights.)
- \* After 3 months you will wear the Hawley Retainers every night.
- \*You will be followed in retention for a period of 1-2 years.
- \*Retainers are important to wear indefinitely throughout the rest of your life to maintain the current position of your teeth and preserve your beautiful smile.
- \*If retainers are lost please call the office as soon as possible to have retainers replaced. Please know there is a charge incurred for all retainer replacement.
- \**We hope you are pleased with your new smile!! The highest compliment we can receive is the referral of your family and friends.*