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## **Hawley-MDR Retainer Instructions**

1. Your retainer must be worn all the time for the first week, except when eating or swimming. After the first week then, every night!
2. It is natural to experience fullness in your mouth with a new retainer. The feeling will go away after 1-2 days as you wear your it full time.
3. It is natural to experience difficulty in talking at first. With a little practice, it will gradually improve.
4. Expect to have an excessive flow of saliva at first.
5. The taste of your retainer may be strong at first, however, it will disappear in a few days. You may soak the retainer in mouthwash to help. Please choose a mouthwash without a discoloring dye.
6. You should brush the retainer inside and out at least two times a day with a toothbrush and toothpaste.
7. To prevent loss or breakage, the retainer should be kept in a retainer case whenever it is out of your mouth. Keep your retainer and its case away from dogs, cats and little brothers. They can be destroyed in a hurry.
8. By far, the number one reason for losing retainers is by wrapping them in napkins and leaving them in restaurants. Many hours have been spent looking through trashcans for retainers. Please don't let this happen to you. Always put it in the case.
9. There is a minimum charge of \$150.00 to replace a lost or broken appliance; however, the type of appliance determines the fee. Please be responsible and careful.
10. Soreness and sensitivity of teeth are quite common the first few days. Irritation of gums, cheeks or lips should disappear within 3 to 4 days; if they persist, please phone the office for an appointment.
11. If any wire should be accidentally bent or broken, call the office for an appointment as soon as possible.
12. Caution: Do not put your retainer in boiling water or leave in sunshine, as these will cause it to warp.