

## Wearing and caring for your Hawley Retainer

**Congratulations! You have come to the end of your fixed appliance therapy. In order to give your teeth, the best chance of stability you will need to wear retainers. The orthodontist has chosen a Hawley Retainer for you. It is important that you follow the instructions given to you and wear your retainers well.**

### Why do I need this appliance?

The Hawley Retainer will hold your teeth in the new corrected position after your orthodontic treatment finish.

### What are the alternatives?

Clear Essix retainer but these are not always suitable.

### What are the potential risks and side effects?

Your teeth move your whole life. If you do not wear your retainers there is a risk that your teeth will relapse and try to move to their previous position which means all your hard work of wearing a fix brace will be undone. **Retainers are for life!**

### What are the expected benefits of treatment?

By wearing your retainer well the new position of the teeth will be stable and there is a smaller chance of relapse.

### Will I have any further appointments after fixed braces are removed?

Yes. A Specialist Nurse from the Orthodontic Department will give you a call after three months to make sure you are doing well with your retainers and don't need a replacement. If necessary, the orthodontist will want to see you. We will follow you up for up to a maximum of one year. After 12 months you will be discharged and advised to maintain your retainer long term with a Specialist Orthodontist in practice. This will be charged with a fee.

### How often will I need to wear my retainers?

- You must wear your retainer as instructed by your orthodontist ..... for the first .....weeks/months.
- Then you can progress to evenings and nights for a further..... months and as long as the retainer is easy to get in and out after a further ..... months you can go to night-time wear only.
- If you find that the retainer is tight to fit, then wear it for longer periods of time as this indicates that teeth are moving!

### How do I care for my retainer?

- The Hawley retainer is made from acrylic and metal hooks which has been made on a model of your teeth.
- Remove when eating/ drinking and store safely in your brace box. You are allowed to drink only water while wearing your retainers.

- Always make sure to rinse your retainers under the water when removing them from your mouth so the saliva doesn't stick to them.
- Please apply your retainers on clean, brushed teeth as the retainer will hold any remaining liquid/food close to your teeth and it can cause decay.

## How do I clean my retainer?

You can clean your retainers by washing it in tepid soapy water (fragrance free liquid soap will be fine) and brushing gently with a toothbrush. Rinsing any residue once finished. Once a week disinfect your retainers with Milton diluted solution or Retainer Brite (please see advice on the back of the packet/bottle).

## What happens if I lose or break my retainer?

You will be given a retainer box to put them in if you are not wearing it. Unfortunately, if during your one year monitored retention with us if you lose the retainer or you break it we will need to make you a new one and this will likely be with a charge.

## Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net).

## Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:

Dr F Pantanali – Consultant Orthodontist

Dr A Ahmad – Consultant Orthodontist

Dr R Al-Klash – Consultant Orthodontics

The directorate group that has agreed this patient information leaflet:

Diagnostic, Anaesthetic and Surgery

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