



## **Hawley Appliance**

1. Remove retainer by applying pressure to the back wires only. Never remove the retainer by pulling on the front wires. Do not twist or bend any of the wires. If the retainer is bent, please call the office before putting it back into the mouth.
2. Teeth will be tender the first few days after delivering the retainer and after adjustment appointments. This is normal and will improve after the retainer has been worn continuously for a couple of days.
3. Speech will be slightly hindered and extra saliva will be present in the mouth for the first 2-3 days. Once again, this will improve after continuous wear of the appliance.
4. Remove the retainer from the mouth when eating and playing sports.
5. The retainer needs to be cleaned with a toothbrush at night and must be worn to bed.
6. Use the case provided to keep the retainer safe while out of the mouth.
7. Save your plaster model so that if appliance is lost or broken it can be repaired or replaced at a minimal charge.
8. Minimum wearing time is 18 hours per day. Remember...the more you wear the retainer the faster your teeth will move, and the sooner you will be done.

**Smile Island Pediatric and Adult Dental Group**  
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