



ASHBURN
PEDIATRIC DENTAL CENTER
(703) 726-4333

ORTHODONTIC APPLIANCE FACT SHEET

Bite Plate Hawley Retainer

Your bite plate hawley retainer is designed to maintain the new position of your teeth and the correction of a previously deep bite. It is made of acrylic and metal. In order for it to be effective, it must be worn 24/7 unless instructed by the Doctor. This retainer is removable.

Things to Know

- In order for the retainer to work properly, it must be worn 24/7 for the period of time instructed by the Doctor. Only remove it to eat and brush your teeth. You can leave it in place while drinking most cool, clear, sugar-free beverages.
- When you remove it to brush your teeth, also thoroughly, but gently (so that you don't bend any wires), brush the retainer with your toothbrush and toothpaste. Soaking it in water with Efferdent tablets once a week will also keep it clean and prevent build-up of plaque and tartar. Always use cool or lukewarm, never hot, water.
- When you remove your retainer to eat, always place it in the retainer case provided. Never place it in a tissue or napkin, as these are often discarded in the trash.
- It is best to brush your teeth after every meal before you replace your retainer. If you can't, at least rinse your mouth with water to remove any food particles.
- Keep your retainer out of reach from pets, as they like to use them as chew-toys.
- Since this is a new appliance, you will go through a period of adjustment. You may notice increased saliva, slight speech impairment, and areas of tenderness. This is normal and usually resolves in a few days. Continuous wear of the retainer will speed this process.
- Speak out loud as much as possible during the first couple of days to allow your tongue to get used to this retainer.
- The Doctor will check your retainer periodically. Please remember to bring it with you to every orthodontic appointment at the office.

Emergencies

Please call us during normal office hours if you lose or break your retainer or if any problems arise.