

## **Congratulations on your new smile!**

**We hope you enjoy that beautiful smile you deserve.**

**Here's how Dr. Bomeli recommends keeping your teeth in their proper places while we wait for the rest of your permanent teeth to come in:**

### **Hawley Retainer Instructions**

**(colorful retainers with metal clasps to hold the retainer in your mouth)**

1. Wear your retainer(s) full time day and night for the next 6 months, then switch to wearing the retainer(s) every night while you are sleeping.
2. Take your retainer(s) out when eating and drinking...and always put retainers in their case! (Most retainers are lost in school lunch rooms or restaurants.)
3. Remove retainer(s) when swimming.
4. Keep retainer(s) away from hot water, hot car dashboards, pockets, the washing machine, and napkins. All can damage and/or ruin your retainers.
5. Clean retainers thoroughly at least once a day with a toothbrush. DO NOT use toothpaste because toothpaste is abrasive and will scratch retainers. Use warm but NOT hot water. Brushing retainers removes the plaque and minimizes odors. Efferdent or other orthodontic appliance cleaners can be used but these do not take the place of brushing. We have provided you with a sample of Retainer Brite to start and you may purchase more at the front desk of our office should you need more.
6. When retainers are not in your mouth, they should ALWAYS be in a retainer case. Pets love to chew on them!
7. Initially, you may find it difficult to speak "normally." Practice speaking, reading, or singing aloud to get used to them faster. Most patients speak normally once again after several days.
8. Retainers are breakable, so please treat them with care. If retainers are lost or broken call our office immediately.
9. If you have any questions or concerns about your retainers, or you feel they need to be adjusted, please call our office. Please do not try to adjust them yourself.
10. ALWAYS bring your retainer(s) to your appointments at our office.
11. Retainer replacement can be expensive...with proper care they can last for years!

**Congratulations again!**

**Dr. Bomeli and the Solon Orthodontics Team**

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