

## Care Instructions for Orthodontic Appliances

To ensure the longevity and effectiveness of your orthodontic appliances, follow these care instructions:

### Hawley Retainers

#### Cleaning:

- Rinse your retainer with lukewarm water after every use.
- Brush it gently with a soft-bristle toothbrush and alcohol-free mouthwash or non-abrasive children's toothpaste at least once a day. We do not recommend using any cleaning material that contains bleaching agents.
- Avoid using hot water, which can warp the plastic.

#### Storage:

- Always store your retainer in its provided case when not in use.
- Keep the case in a cool, dry place, and avoid leaving it in direct sunlight or hot environments (e.g., a car).

#### **Removing from the Mouth:**

- Use both hands at the same time to gently remove the retainer by grasping it at the sides. Avoid pulling on the wires to prevent bending or damage.

## **Essix Retainers**

### Cleaning:

- Rinse with lukewarm water after every use.
- Use a soft toothbrush and alcohol-free mouthwash to gently clean the retainer daily. Do not use toothpaste, as it can scratch the surface.
- For a deeper clean, soak in a retainer cleaning solution as recommended by your orthodontist.

### Storage:

- Store your retainer in its case when not in use to prevent damage.
- Avoid leaving it in hot environments, as heat can cause the retainer to lose its shape.

### Removing from the Mouth:

- Use both hands at the same time to gently lift the retainer at the back teeth first, working your way forward. Avoid twisting or excessive force.

## **Fixed Appliances**

### Cleaning:

- Brush the expander thoroughly during your regular oral hygiene routine, focusing on cleaning around the appliance and the teeth.
- Use an interdental brush or water flosser to clean hard-to-reach areas under and around the expander.

## **General Tips for All Appliances**

- Do not eat sticky, chewy, or hard foods while wearing your appliance, as these can cause damage.
- Keep appliances out of reach of pets, as they can be attracted to the material.
- Avoid wrapping your appliance in napkins or tissues to prevent accidental disposal.

By following these instructions, you can maintain the condition of your appliance and ensure your orthodontic treatment progresses smoothly. If you experience any discomfort or notice damage to your appliance, contact your orthodontist promptly.