

## All About the MAXILLARY HAWLEY APPLIANCE (Upper Removable Retainer)

### Description:

A Maxillary Hawley Appliance is a removable appliance most often comprised of stainless steel clips (clasps) on the posterior teeth, a wire (labial bow) across the front teeth, and a polished acrylic framework along the inside of the roof of the mouth (palate), reinforced with stainless steel wires.

**Usage:** The Maxillary Hawley Appliance is used to maintain a previous orthodontic result or to simply prevent undesirable movement of the teeth. Typically, patients wear a retainer full-time for three months following active orthodontic treatment. Thereafter patients wear retainers nightly and at home for nine additional months. Retainers will be worn during sleep hours indefinitely after the first year of treatment.

**Cleaning:** We encourage patients to clean the appliance with toothpaste and a toothbrush. If the appliance needs a deeper cleaning, anti-bacterial soap and warm water can often help, followed by a cleaning with toothpaste. Mouthwash should NOT be used and hot water should also be avoided to prevent distortion of the acrylic.

**What to Expect:** Upon initial placement, there may be some tongue obstruction, but your speech will be back to normal in just a few days.

**Dr. Bronsky's Tip:** Read your favorite book, magazine, etc. to yourself in front of the mirror for five minutes a day – your speech will be perfect in no time.

**Remember:** Retention is as important as the treatment itself and is essential to the long-term maintenance of your new bite and smile.



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