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## Hawley and Invisible Retainers

- Retainers are a critical part of your treatment. Your retainer is designed to hold your teeth in their corrected positions until the bone surrounding the roots of the moved teeth fill in and make them more solid. If we do not retain or hold the teeth following orthodontic treatment, the teeth will move back to their original positions.
  
- Tips to ensure your retainers stay in good shape:
  - Wear your retainers as instructed!
  - Clean them with soap and water or Retainer Brite.
  - Rinse them off with cool water in between wear. NEVER use hot water!
  - Do not flip them in and out of your mouth.
  - NEVER wrap them in a paper towel or tissue.
  - Always put your retainer in your case if you are not wearing it.
  - Bring your retainer to your check-ups so we can make sure they fit.