



## **YOUR BONDED RETAINER**



You have received a bonded "permanent retainer". Its purpose is to help maintain the alignment of your upper and/or lower front teeth since these are the teeth that tend to shift over time. They may slightly shift even with the retainer in place; this is normal and expected. It is very important that you understand your responsibility with this retainer. You must clean it properly and you must not bite into any hard foods or your retainers will break.

### **HOW DO I CLEAN WITH THE RETAINER?**

You will need to brush around the retainer thoroughly, similar to brushing around braces, and you will **ALSO NEED TO FLOSS**. In order to floss the lower teeth you will need a floss threader or super floss to guide the floss below the wire. Both can be found at any drugstore or large supermarket.

### **ARE THERE ANY EATING RESTRICTIONS WITH THESE RETAINERS?**

Yes! Since the retainers are bonded, or glued, to your teeth exactly like braces it is imperative that you do not bite into anything hard or you will dislodge your retainer (ie. apples, pears, candy bars, frozen foods etc...). All hard foods need to be cut and placed in the back of the mouth.

### **HOW LONG WILL I NEED TO WEAR THIS BONDED RETAINER?**

As long as you want your teeth to stay straight. Without retention most teeth will continue to shift throughout life, even for those who did not have braces. This is a normal process and out of the control of the orthodontist. Therefore we highly recommend indefinite retention as long as the retainers stay clean and the gums are healthy.

### **WHAT IF MY BONDED RETAINER BREAKS OR COMES UNGLUED?**

If you are abusive or dislodge the retainer wire, there is a fee to replace it. If the wire comes loose completely, save the wire and call us immediately. It can be rebonded if we do it right away. If you wait too long it will no longer fit and we will have to make a new one.

If you have any questions regarding your retainer or its instructions, please ask Dr. Crowder or any staff member.

**REMEMBER, RETENTION IS LARGELY THE PATIENT'S RESPONSIBILITY.**