

BONDED RETAINER INSTRUCTIONS

Congratulations again on getting your braces off!

Dr. Wheeler just placed a special type of retainer on your teeth called a “Bonded Retainer” to hold your teeth straight, now that the braces which got them straight for you have been removed. Yours may look something like this:



What's special about a bonded retainer is that it is *always working* since it attached to the teeth. Since you can't take it in or out, you can't lose it or forget to wear it! At first it may feel a little bumpy behind your lower front teeth. Fortunately, it is small and out of sight and will become *very comfortable* because there are no bulky plastic parts like traditional removable-type retainers have.

However, it is important to know that special care must be performed to keep the bonded retainer working and looking great. Remember, you worked hard to get your teeth straight—so let's work together to keep them that way. If you do so, a bonded retainer can last for many years!

1. Since they are bonded to your teeth like your braces were, special care during eating must be observed. Hard, crunchy, tough, and chewy foods must be avoided—just like when you had your braces—or it can break. If it breaks, the teeth can shift very rapidly.
2. You must spend extra time keeping the bonded retainer clean. That means daily flossing and thorough brushing around your retainer must become a part of your routine. Keep plaque and food debris from accumulating around the wires. Poor hygiene around the bonded retainer wire can lead to gingivitis, cavities, or even periodontal disease.
3. Continue to see your family dentist and hygienist for regular check ups and cleanings, as recommended by them, to keep your teeth healthy.
4. Sometimes, only a single tooth may become detached from the wire—which may be hard to notice. Should the retainer break or you feel that a tooth or two may be shifting, call us immediately to have it looked at and repaired. To keep our fees low, we won't chase you about routine retainer check ups, so it *becomes your responsibility* to take care of them.

If you feel after a few weeks of wearing the bonded retainer that you have trouble keeping it clean and would prefer a removable type of retainer instead, let us know.

If you have any questions at all about your retainer, do not hesitate to give us a call at **951-0151**.

