

## Bonded Retainers

- Bonded retainers are placed because of the strong tendency for a tooth or group of teeth to return to their original position.
- Care must be taken to thoroughly brush and floss around the retainer. It is necessary to use a floss threader to get under the wire in order to clean properly. Only flossing above the wire is not adequate.
- Poor oral hygiene around bonded retainers can lead to accumulation of plaque and tartar. This can result in tooth decay (cavities) and gum disease.
- Be careful when eating hard or crunchy foods, as these might dislodge the retainer.
- Check frequently for loose spots and report this to the office immediately, as shifting of the teeth might occur. Also, loose spots can make adequate cleaning difficult.
- This bonded retainer will remain in place for a period of time determined by the Doctor.
- Regular cleanings and check-ups (every 3-6 months) are required by your Dentist.
- Dental Hygienists are familiar with this retainer and can still effectively clean your teeth.
- Occasionally, you will be instructed to wear a Molded (Essix) Retainer over your bonded retainer. Follow the instructions provided with that retainer.
- Since this is a new appliance, there will be a period of adjustment. You might experience increased saliva, slight speech impairment, and areas of tenderness. This is normal and usually resolves in a few days.