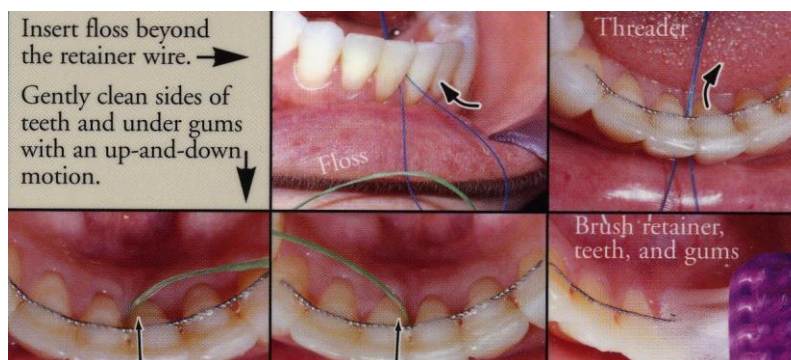


## BONDED RETAINER INSTRUCTIONS

We have placed a bonded retainer on the inside surface of your teeth to maintain their corrected position. Bonded retainers are sometimes referred to as “permanent” retainers, however, they are not permanent. They are held on with the same kind of adhesive as braces, and can become “debonded”, or unglued from your teeth. We would like you to keep the bonded retainer in place for as long as possible to prevent any shifting of your teeth. If your bonded retainer becomes debonded from one or more of your teeth, those teeth have the potential to move. Please make sure you call us for an appointment if you notice your bonded retainer has become debonded to avoid any unfavorable tooth movement. We usually provide you with removable retainers in addition to the bonded retainers, so please make sure you wear these as instructed. If your bonded retainer has become debonded, please wear your removable retainer(s) as much as possible until we can see you for a repair to prevent your teeth from shifting.



**CLEANING YOUR BONDED RETAINER(S)**: It is important to keep your bonded retainer(s) clean. They are “plaque traps” and can harm your teeth and gums if not thoroughly cleaned on a regular basis and cared for properly. ***You must floss and brush your bonded retainer daily.*** As we showed you at your appointment, you should use a floss threader to floss underneath you bonded retainer daily. Do not put upward pressure on the wire – this can make the wire become debonded from your teeth. After flossing, you can brush over your bonded retainer(s) with your soft toothbrush regularly.



**THINGS TO AVOID**: **DO NOT** bite into hard foods like apples, corn on the cob, ribs, bagels, hard pretzels, etc. Biting into hard foods places stress on the bonding material and can cause your bonded retainer to become loose. **DO NOT** place any upward pressure on the wire when flossing you teeth.

**RETAINER CHECKS**: We will continue to see you periodically for retainer checks for approximately one year after you finish active orthodontic treatment. ***If you notice that your bonded retainer has become debonded from your teeth at any time, please call as soon as possible for an appointment to rebond it before your teeth shift!*** Please wear your removable retainer as much as possible until we can rebond your bonded retainer. After your “graduation” from our office, your general dentist can monitor your bonded retainer at your 6 month check up appointments. If your dentist recommends that your bonded retainer needs to be checked, repaired, or removed at our office, or if you would like to come in for a retainer check, all you need to do is call for an appointment. **You are always welcome!** Retainer checks after one year will be subject to a minimal office visit fee.

**BREAKAGE**: We have found from experience that bonded retainers do not easily break when they are cared for properly. However, they are delicate, and they cannot withstand biting forces, so please be careful and take good care of them. ***If your bonded retainer(s) break or debond, call the office as soon as possible to have repairs or replacement(s) made. Do not wait – your teeth can shift at any time throughout your lifetime.*** If your bonded retainer(s) are debonded, broken, or need to be replaced for any reason, there will be a charge to repair or replace them. ***If your teeth have shifted beyond the point that your removable retainer(s) can correct them, you will be responsible for additional treatment fees to re-align your teeth with either spring retainers, Invisalign, or braces.***