

Bonded Retainer Care Sheet

Bonded retainers are an excellent retainer option. They allow you to keep that beautiful smile you have worked so hard for, with little effort, as long as you do your part.



- * Bonded retainers are made from a stainless steel wire.
- * The wire is bonded (glued) to the tongue side of your teeth.
- * Speech is usually not affected by your bonded retainer.
- * It is not uncommon for a sore to develop on the tip of your tongue while getting used to your bonded retainer. This should last for only a few days.



- * Brush the tongue side of your teeth with extra care.
- * Flossing is extremely important to keep your teeth and retainer free from food and plaque.
- * Floss threaders will aid you in flossing under your wire.
- * Please let us know if you have any questions about flossing.



- * Avoid biting into hard foods (ie. carrots, hard apples) which put a lot of force on your front teeth. Instead, bite into these foods using your side teeth.
- * If you are not sure, play it safe and use your side teeth.



- * **Should you ever decide to have the bonded wire removed, you will need to choose another retainer option.**

Most importantly, it is your ultimate responsibility to be aware of your retainer at all times. Should it ever feel different, or if you see your teeth moving, please call us right away. If your retainer breaks your teeth can shift. The sooner you notify us of a problem, the less time your teeth will have to move. After one year, there will be a fee for repairing or replacing your bonded retainer.