



## **BONDED RETAINERS.**

*A Bonded Retainer is a wire which is glued behind your upper or lower front teeth following Braces removal. It is usually placed in conjunction with wear of a removable retainer regime and is designed to aid in the firm retention of teeth which have displayed a tendency toward future relapse.*

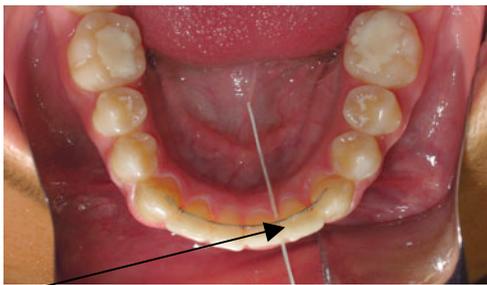


**Although Bonded Retainers are designed to be robust, they do need special care and attention to ensure that they remain intact.**

### **CLEANING OF YOUR BONDED RETAINER**

*Special care needs to be taken when cleaning your bonded retainer. Thorough brushing with either a manual or electric brush must be followed by regular flossing of the appliance itself.*

*Flossing can be a little tricky – you must insert the floss between the teeth at a level which is below that of the bonded retainer to allow the floss to pass down into the gingival crevice and remove plaque and debris. This process is made easier with a product such as Super Floss (Oral B). Super Floss has a stiff threader on the end of it which simplifies threading the floss between the teeth.*



**Super Floss should be threaded between the teeth to aid flossing below the bonded retainer.**

*If good cleaning habits are not regularly adhered to, then risk of damage to the teeth occurs resulting from a build up of plaque and debris. Damage such as staining, decay, gum disease and loss of bone in the surrounding tissues of the teeth is likely if the bonded retainer area is not kept clean.*



### **FOODS**

*Hard and Sticky Foods must not be eaten with a bonded retainer in place. These items may dislodge or loosen your appliance.*



**REMEMBER: Ongoing review by your Orthodontist is required to ensure that your appliance is adequately maintaining the alignment of your teeth.**

**If your Bonded Retainer becomes loose or broken – contact the surgery and arrange an appointment to consider repair or replacement of your appliance,**