



## INFORMATION SHEET 5 –BONDED (FIXED) RETAINERS

### What is a bonded retainer?

A bonded retainer is a fine wire that is bonded (glued) to the back of your front teeth.

### How long will a bonded retainer stay on my teeth?

It is usually intended that this wire will be left indefinitely on your teeth to keep them straight. This means that as long as the wire is on your teeth, your teeth should stay straight. As soon as it is removed, the teeth may move.

### Keeping your bonded retainer clean

Brush your teeth as you normally would and in addition you should use interdental brushes or floss around your retainer every day. Your orthodontist will show you how to use it. Avoid sticky sweets and toffees as they can damage the retainer. You must also see your own dentist every 6 months for routine check-ups.

### What should I do if my retainer comes loose?

The 'glue' that your retainer is stuck onto the teeth with can wear away, this will make your retainer become loose, you might become aware that the retaining wire is loose because it will begin to feel rough against your tongue or you may just notice some movement of your teeth.

Contact an orthodontist as soon as you can if this occurs.