



HILLSIDE VIEW ORTHODONTICS

BY IKEDA + RIGHELLIS

Bonded Retainer

A bonded retainer (also known as permanent or fixed retainer), is a retention wire that will be glued behind your lower front teeth to keep them straight.

CLEANING

- Brush thoroughly up and down along the wire.
- Floss all teeth daily. A floss threader will help pass floss in the space between the wire and the gums. You can also use floss with a threader already attached such as Superfloss or Glide Threader Floss.

CARE

- The bonded wire can be broken or dislodged by biting into hard foods with your front teeth. Be cautious with raw carrots and celery, apples, corn on the cob, hard crusts on bread, ice and hard candies.
- If your bonded wire comes loose or teeth appear to have shifted, call our office immediately for an appointment. Tooth movement can occur within a very short period of time.
- If the bonded retainer comes completely out, please save the wire for rebonding.
- There will be a repair/replacement fee for any loose bonded retainers one year after placement.

You can keep the bonded wire indefinitely, as long as you keep it clean. There is no guarantee that your teeth will remain straight once it is removed. **If you choose to have it removed, you must wear a removable retainer nightly.** Teeth move throughout our lives, and retention is a long-term commitment.