

## **Bonded Retainer**

### **Why should I wear this retainer?**

This glued in retainer is used to hold the teeth in position following completion of your orthodontic treatment. Most bonded retainers last about 5 years without any maintenance. They are similar to fillings your dentist does for you...they will eventually need to be repaired, replaced, or modified.



### **Understanding Retainers**

It is important to understand that there is no “cure” for crooked teeth (malocclusion). Treating a malocclusion is similar to treating a visual impairment. Prescription glasses and contacts improve eyesight, but further visual deterioration is common and indefinite use of eye glasses is needed. In the same manner, you may be required to wear your retainer indefinitely. If you ever need your retainer checked, call the office!

### **Advantages of Bonded Retainers**

- Bonded retainers help keep the lower front teeth straight. These teeth are the most common teeth to shift after braces and become more crowded throughout life.
- Bonded retainers are not visible when you smile or speak and they do not impair your speech.
- Unlike removable retainers, a bonded retainer is set in place so you can't lose it and you will never forget to wear it!

### **Disadvantages**

- Bonded retainers do require special cleaning because plaque and tartar buildup is more common around a retainer. If proper cleaning is not done, cavities or gum disease may occur.
- Care must be taken when eating certain foods. It is possible that the retainer can come off one or more teeth without you knowing which can allow the teeth to shift. Do not use your teeth as a tool to open bottles or tear very hard objects. This may break your retainer.
- Bonded retainers require periodic monitoring by your general dentist (your routine cleaning appointment is sufficient) or at our office, and at some point they will require repair/replacement. You may also switch to a removable retainer.
- Flossing is more difficult and you will need to use a floss threader on the lower front teeth.
- If lost or broken after the first two years, there will be a replacement or repair fee.

If you have any questions, are unable to wear your retainer, or experience any discomfort, please call the office.