

## BONDED RETAINERS



If you don't wear your retainers, there is a risk that your teeth will quickly move back to where they were and all the good work will be undone.

*Find out why continuing to wear orthodontic retainers is so important by viewing this short video from the British Orthodontic Society - scan the QR code below*



### **LOOKING AFTER YOUR BONDED RETAINERS**

Your new retainers should be carefully looked after.

Bonded retainers are recommended for many patients in combination with removable retainers to help keep teeth straight, long term.

Bonded retainers are made from a thin metal wire and securely attached behind your front teeth. They are invisible from the front and don't interfere with speech or eating. They are placed with utmost care to lie passively on the teeth.

Clean them at the same time as you brush your teeth. Use a small, very fine interdental brush gently as recommended or Superfloss which can be carefully threaded through to ensure plaque and calculus don't accumulate underneath. A 'Waterpik' Water Flosser is a good alternative.

Try to avoid chewy sugary foods like sweets, hard crusty bread like baguettes and fizzy drinks if you have bonded retainer[s]. You may also wish to download the British Orthodontic Society's patient leaflet to remind you how to look after your bonded and clear retainers from the following link:

<https://bos.org.uk/BOS-Homepage/Patient-Information-Leaflets/Retainers>

### **REPAIR AND/OR REPLACEMENT OF BONDED RETAINERS**

We guarantee our bonded retainers for 12 months from the date of first placement.

Bonded retainers may deteriorate naturally over time. If a bonded retainer[s] detaches from one or more teeth, wear your removable retainer over it, day and night and contact us as soon as possible.

To ensure we can reach you, please confirm your *current contact details* including your name, date of birth, address, e-mail and mobile phone number to our secure address:

reception@wimbledon-orthodontist.co.uk