

INSTRUCTIONS FOR BONDED/FIXED RETAINERS

Retention is the long term stability of the teeth after orthodontic treatment to prevent the teeth from relapse.

The first year of having the brace removed is the high risk time, but as a natural age change the teeth want to crowd, making retention the most important phase of your orthodontic treatment.

The NHS may only provide removable retainers, we are happy to offer our patients the choice of also having a bonded retainer fitted, this would be in addition to the removable retainers. There would be a charge for this additional retainer – please speak to a member of our dental team for further advice on this.

BONDED RETAINERS

This is a thin wire which is glued to the inside of the teeth, upper and/or lower, which cannot be seen from the front of the mouth. These perform well and must be taken care of by the patient. They may be left in place indefinitely provided that good oral hygiene is maintained. We advise our patients to wear their removable retainers as well as the bonded wire.

Fractured bonded retainers are repaired free of charge within the first year of having the retainer fitted. A fee would be required for repairing bonded retainers after the first year.

Research shows there is a 30% fracture rate of bonded retainers therefore regular maintenance is required.

HIGH RISK PATIENTS

- Patients who had non-extraction treatment
- Patients who had overlapped teeth at the start of treatment
- Patients who had gaps in their teeth at the start of treatment
- Patients who had severely crowded teeth at the start of treatment

ADVANTAGES

- Fixed
- Aesthetically pleasing
- Long term

If you have any questions please feel free to speak to a member of our dental team.

CARE INSTRUCTIONS

Bonded retainers must be kept clean, they should be brushed each time you brush your teeth.

You will not be able to floss between the teeth which the bonded retainer is attached to, however we advise you to use either super floss or small interdental brushes between the teeth the wire is attached to.

In the event of the bonded retainer breaking or detaching from any of the teeth, we advise you contact the practice immediately for advice and wear your removable retainer full time until your repair appointment. This will minimise the risk of your teeth moving.

If you or your dentist ever feels the need for the bonded retainer to be removed, please contact us to discuss this.

TWO MAIN THINGS TO REMEMBER

- 1 Keep it clean
- 2 Contact us if it breaks

IMPORTANT

Please make sure you attend your own Dentist for regular 6 monthly check ups.

Please see patient information leaflets on the BOS website for additional downloading information