



**Bonded Retainers**



The orthodontic wire that has been placed on the inside of your front teeth is referred to as a “bonded lingual retaining wire”. As long as the wire is correctly attached to your teeth, it will hold them reasonably straight. It is recommended that you have a clear retainer that goes over the bonded retainer.

### **Care of the Wire**

Please be aware that you are responsible for the care of the wire. Proper care includes:

- Careful, thorough brushing and flossing. This must be done daily. In addition to brushing, it's essential that you floss between your teeth and into the areas below the wire. When flossing be careful to not push too hard on the wire. This can bend or dislodge it and will cause your teeth to shift. Failure to clean your teeth carefully will result in dental disease
- If you're not certain how to clean around the wire, just ask and we will be happy to show you the correct method
- Do not pick at or bend the wire. Usually hard, sticky or brittle food can bend the wire and shift your teeth

### **Teeth shift with age... It all shifts with age!**

A great deal of research has proven that just as your face changes with age, so will your teeth. This happens whether you've had braces or not. Those that shift the most are your lower front teeth. As a matter of research at the University of Washington at Seattle, retaining wires were left in place for more than 10 years. After removal of the wire, teeth began to shift within a matter of months. As long as the wire is correctly in place, your teeth will stay reasonably well aligned. So, if you want your teeth to stay reasonably well aligned, the wire must be left in place and maintained **for the rest of your life**.

### **What if I have a problem?**

Retainer checks are complimentary for the first year. Unless the wire is bent or dislodged, there are no additional office visits after that time. However, if you feel that something is not right, be certain to contact the office and come in quickly. Failure to do so many result in crooked teeth, more braces, cavities and added expense. Please don't hesitate to contact me if needed.

Retainer check visits will carry a fee one year after your braces are removed. Repair, replacement and removal of the lower retaining wire carry a fee.

*Please feel free to call us with any questions you may have!*