



Instructions for Fixed Retainers

The bonded wire retainer is attached to the front teeth to prevent your teeth from moving after treatment. As long as this is **intact** it will remain there indefinitely.

Cleaning: - The use of a soft toothbrush behind teeth to clean the retainer.

Flossing: - Use Tepe interdental brushes daily to clean under the retainer.

No Hard/Sticky food: - Be careful eating these foods as they can damage the retainer.

Breakages: - Should the retainer become damaged/broken contact us and wear your removable retainer full time until it is fixed.

Continue your visits with your dentist and hygienist in order to monitor the condition of your fixed retainer and oral hygiene.

Your retainer is not indestructible and **will require maintenance** from time to time.

We also recommend that your fixed retainer is monitored regularly, either by the orthodontic practice or your dentist. There is a risk that if the fixed retainer becomes detached, that you might ingest it. If this happens then seek medical advice immediately.

Patient Name.....

Signed.....

Date.....

