

YOUR BONDED RETAINER

Your new retainer will keep your front teeth straight and healthy as long as you are careful of how you eat, bite, brush, and floss. Patients that have first had removable retainers, then the bonded ones, tell us how much more they like these. They're almost invisible, too!



Your retainer is bonded to each tooth separately. Carelessness can separate this bond. ***If left unbonded, tooth decay can occur and the unattached tooth can become crooked.*** So if you feel a loose bond with your tongue or see a tooth out of line, call us for an appointment immediately. (A charge will most likely be made for replacement or repair of the retainer, so **be careful!**). Even though the retainer feels secure and the teeth remain aligned, we want to continue to examine the bonded retainer and your bite on a regular basis.

You can brush your teeth and gums as usual, but flossing has to be done more carefully. Because the flexible wire is in the way you cannot bring the floss down between the teeth in the usual manner. It's OK if you can thread the floss **underneath** the retainer wire; otherwise you will have to use a floss threader (see photo) or special Super Floss. If you have difficulty don't hesitate to ask us.

Be sure to tell your dentist or dental hygienist who regularly cleans your teeth to be **very careful** of your new retainer.

AVOID:

- ◆ Biting into hard apples
- ◆ Opening nut shells with your teeth
- ◆ Biting into hard, gooey, or sticky candies: caramel, butterscotch, licorice
Sugar Daddies, snickers, etc.
- ◆ Biting into ice, hard rolls or bagels, whole raw vegetables, etc.
- ◆ Hard pizza crusts
- ◆ Chewing stale hard gum
- ◆ Hard cookies or chips
- ◆ Anything too hard or crunchy!

Please be careful of what you eat! If you notice anything isn't right with your retainer, call us!

Don't hesitate to call our office if you have a question. Good luck, be careful, and keep smiling!

Thank you,
Dr. Shawn M. Bader & Staff
Faces Orthodontics
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