

## Bonded Retainers

You have been provided with a bonded retainer to the surface of your front teeth. A bonded retainer is a fine wire 'glued' to the back of your front teeth.

### HOW LONG WILL IT BE ON MY TEETH?

- It is usually intended that this wire will be left indefinitely on your teeth to keep them straight. This means that as long as the wire is on your teeth, your teeth should stay straight. As soon as it is removed, the teeth will move.

### HOW DO I CLEAN MY BONDED RETAINER?

- You brush your teeth as normal. In addition, you should use 'Superfloss' every day. Your orthodontist will show you how to use it. You must attend your own dentist every 6 months for a routine check up.

### WILL IT BECOME LOOSE AND WHAT SHOULD I DO?

- It will become loose from time to time as the 'glue' it is stuck on with, wears away.
- You usually become aware that the wire is loose, because the wire will begin to feel rough against your tongue. Occasionally, you may not feel any roughness with your tongue, but only notice some movement of your teeth.
- You must contact your orthodontist immediately if this occurs. You should consider this as an emergency and an appointment will be arranged for you to see your orthodontist as soon as possible.

- While waiting to see your orthodontist, you should wear your removable retainer that you were given after your braces were removed. This should be worn day and night as this will stop your teeth moving until you are seen by your orthodontist.
- We no longer place bonded retainers free of charge to Health Service patients. Currently the cost of placement is £200. This is subject to change. There will also be a charge for repair of the bonded retainer. This charge is currently £50-100.

### WHAT ARE THE RISKS ASSOCIATED WITH BONDED RETAINERS?

- If you fail to contact your Orthodontist when the retainer becomes loose, if you notice your teeth moving and fail to contact your Orthodontist, or if you fail to wear your removable retainer, your teeth will no longer be straight. The health service will not pay to have your teeth straightened again.
- If you do not brush your teeth correctly and look after your gums, you may be at risk of gum disease. You must visit your own dentist every 6 months and have your gum health checked and some scaling (cleaning) carried out as necessary.
- If you take frequent sugary foods and drinks, you may also get holes in your front teeth around the retainer.