

SEMI-PERMANENT BONDED RETAINER INSTRUCTIONS

Lower (Mandibular) Retainer:

- The lower retainer wire lies across the back of your lower six front teeth. It is cemented on each side to the canine teeth and depending on your treatment it may be cemented all your front six teeth.
- We recommend that it can stay in place indefinitely as long as it is kept clean.

Upper (Maxillary) Retainer:

- The upper retainer is cemented individually to the back surfaces of each upper incisor.
- The upper retainer is more difficult to keep in place because you have to bite behind your upper incisors.
- If we are having difficulties keeping your upper retainer in place we may elect to leave it out and have you wear your removable retainer at night only.
- After being out of braces for one year should the upper retainer come loose most likely we will leave it out and ask you to continue to wear your removable retainer.

Maintenance:

- The material used to cement the wire in place is similar to other cements used by your family dentist to repair the corner of a broken front tooth. It is a very durable material. If the retainer becomes loose in the first week it may be related to the initial placement.
- It is important that the upper and lower front teeth are flossed every day and brushed. A diet high in soda pop and or sugar may promote decay around the retainer wires. **If the retainer cannot be kept clean your dentist may suggest that they should be removed.**

Fees:

- We will be actively monitoring your retainers (typically one year) if it should come loose we will re-cement the retainer for no charge.
- If the retainer becomes loose or you notice that your teeth have shifted please **CONTACT US IMMEDIATELY**. Please do not lose or dispose of the wire if it comes completely out. The cost to replace the wire currently is **\$95**.

Wearing the retainer past supervised retainer visits included in your treatment is a good idea. Almost everyone has slight changes with their teeth as they age whether they have had braces or not. The retainer works to prevent these changes.