



If there is anything you need clarifying,
please do not hesitate to contact us on
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BONDED RETAINERS

WHAT IS A BONDED RETAINER AND HOW DOES IT WORK?

These retainers are metal wires that are glued to the inside of the upper and/or lower teeth to hold everything in place so it is not visible.

HOW DO I CLEAN WITH A BONDED RETAINER?

Flossing will not be possible in the area of the bonded retainer, so we would recommend to use interdental brushes or a Waterpik flosser.

HOW LONG WILL THE RETAINER NEED TO BE IN PLACE?

As long as the retainer is intact, it is better to leave it in place. We advise that you still wear your removable retainers every night as a bonded retainer should not be relied upon to hold the teeth in place alone.

SHOULD I AVOID CERTAIN FOODS/DRINKS?

- Limit sugary snacks and fizzy drinks
- Avoid sticky, chewy or hard sweets and chewing gum.
- Avoid biting into hard foods, cut food into small pieces

WHAT SHOULD I DO IF IT BREAKS?

We recommend to continue wearing your removal retainer while you wait for an appointment to repair your bonded retainer. Reception can advise you of any charges.