



ASHBURN  
PEDIATRIC DENTAL CENTER  
(703) 726-4333

## ORTHODONTIC APPLIANCE FACT SHEET

### Bonded Retainers

Your bonded retainer is designed to maintain the new position of your teeth. They might be placed along the inside of the upper or lower front teeth. These retainers are not removable.

### Things to Know

- Bonded retainers are placed because of the strong tendency for a tooth or group of teeth to return to their original position.
- Care must be taken to thoroughly brush and floss around the retainer. It is necessary to use a floss threader to get under the wire in order to clean properly. Only flossing above the wire is not adequate.
- Poor oral hygiene around bonded retainers can lead to accumulation of plaque and tarter. This can result in tooth decay (cavities) and gum disease.
- Be careful when eating hard or crunchy foods, as these might dislodge the retainer.
- Check frequently for loose spots and report this to the office immediately, as shifting of the teeth might occur. Also, loose spots can make adequate cleaning difficult.
- This bonded retainer will remain in place for a period of time determined by the Doctor.
- Regular cleanings and check-ups (every 3-6 months) are required by your Dentist.
- Dental Hygienists are familiar with this retainer and can still effectively clean your teeth.
- Occasionally, you will be instructed to wear a Molded (Essix) Retainer over your bonded retainer. Follow the instructions provided with that retainer.
- Since this is a new appliance, there will be a period of adjustment. You might experience increased saliva, slight speech impairment, and areas of tenderness. This is normal and usually resolves in a few days.

### Emergencies

Please call us during normal office hours if you have any problems with your bonded retainer.