

Your Bonded Retainer

Congratulations on having your braces removed. We know you are excited to have your teeth back! Before we forget about all the work we completed, I want to take a moment to emphasize the accomplishments: your teeth are now properly aligned, rotations have been corrected, gaps closed, crowding eliminated, and your bite is proper.

Patients and parents often ask the question “How long will I have to wear my retainers?” The honest answer is “As long as you wish to maintain your current smile.”

Lifelong retainer wear will help ensure the ideal alignment of your teeth.

Good oral hygiene is a must

- It is imperative that you floss daily.
- Maintain your general cleaning appointments every 6 months at a minimum.

Think twice before you bite

- Biting into carrots, apples, corn, etc. will break your retainer.

If your retainer is broken please act immediately

- If you notice your retainer is damaged (loose in **any** area) contact the office immediately. We do not want your teeth to move!
- Retainers maintain the beautiful smile we have all worked so hard to achieve.

Keep your retention appointments

- Retention appointments are necessary to ensure your bonded retainer is fitting its best.