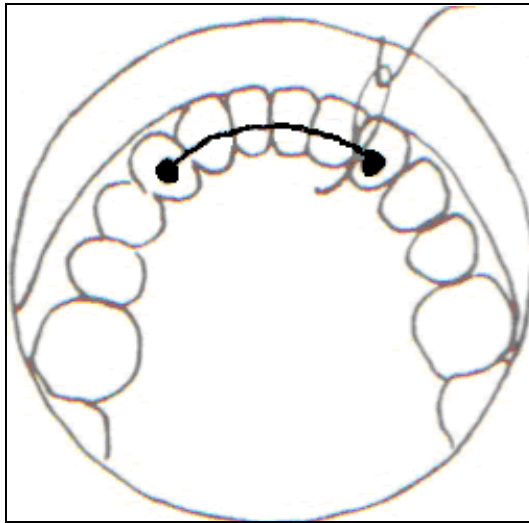


## BONDED RETAINER

Your glued in retainer is a thin bar that is glued to the inside of your front six teeth and provides invisible full-time support. This retainer can be left, on a long-term basis to help maintain the general alignment of the lower front teeth.

- **CLEANING** – It is very important to floss. Use floss threaders to floss between the teeth under the retainer wire to remove plaque that produces bad breath, calculus, caries and gum disease.
- **EATING** – It is important to bite down carefully (lightly) on the front teeth when eating such things as apples, carrots, etc. It is important to take smaller bites so as not to bend or break the retainer wire.
- **DAMAGE** – If retainers become loose or break, please phone to make an appointment **IMMEDIATELY** so your teeth do not move. Bring all broken pieces.



We have also provided a clear plastic overlay retainer which will help maintain the ideal final tooth positions of all the lower teeth. This is worn part-time on a nightly basis for one year of supervised retention.