

IMPORTANT INFORMATION ABOUT YOUR FIXED RETAINER

Congratulations on getting your braces off! Now comes the most important part of the process, making sure that great smile stays that way. Wearing your retainers is a lifetime event.

You have a special type of retainer on your teeth called a “Fixed Retainer” to hold your teeth straight. Initially it may feel a little bulky and uncomfortable behind your front teeth. It will feel more comfortable as your tongue gets used to the presence of the retainer. A fixed retainer can last for years if you take care of it and your teeth. There are a few points to remember to keep your fixed retainer in good condition and avoid problems.

- Keeping the retainer and your teeth clean is very important. You will need to spend extra time keeping the fixed retainer clean. We have shown you how to floss around the retainer with SuperFloss. You can also use Waterpik (water flosser), or small flexible interdental brushes for extra cleaning. Poor hygiene around the fixed retainer wire can lead to gum problems, cavities, even periodontal disease.
- It is very important to see a Hygienist every 6 months in order to keep the gums and teeth in healthy condition, and to attend your dentist appointments regularly.
- The fixed retainer is bonded to your teeth like your braces were. Hard, sticky, and chewy foods must be avoided or it can break. If the fixed retainer breaks, the teeth can move very fast. Therefore if the retainer breaks, please contact us immediately.
- In some cases only a single tooth or a few teeth may become detached from the retainer, which may be hard to notice causing a tooth or two to begin to shift. Therefore it is important to maintain regular orthodontic review appointments every 6-12 months in order to assess the condition of the fixed retainer attachments. If the retainer breaks or you feel that a tooth has moved, please contact us immediately.

You must remember that as we age our body changes and our teeth change, too. This means that retention is forever. The fixed retainer can stay on your teeth indefinitely, as long as you maintain great oral hygiene around the wire and attend your regular dental check up appointments.

