



Fixed Retainer Care and Instructions

A fixed retainer, sometimes referred to as a permanent retainer, is a bonded thin wire that is placed behind your front upper and/or lower teeth. It is placed to prevent shifting of your teeth, especially if you initially presented with large spacing between the upper front teeth (diastema) or severe crowding (overlapping) of the lower front teeth.

Fixed retainers DO NOT replace your removable clear or metal retainers, it is simply an added measure to ensure your teeth retain their ideal position.

Fixed retainers require maintenance and care. To ensure you get the longest life possible out of your fixed retainer please:

- Brush behind your teeth with a soft toothbrush in a circular motion. Floss using Oral B Superfloss® or a floss threader which can be found at your local pharmacy or on Amazon.
- When you see your dentist/hygienist, please ask them to be careful while cleaning your teeth to avoid any breakage.
- Avoid biting into anything hard with your front teeth, as the fixed retainer and/or the adhesive bonding can break.
- If your fixed retainer(s) breaks or becomes loose, please call our office ASAP to be evaluated as to whether it needs to be removed, replaced, or repaired. Continue wearing your removable retainer full time until you are seen to avoid any relapse. Also, please bring your removable retainer with you to your evaluation appointment.
- Please continue to wear your removable retainers as instructed by your doctor.

