



BONDED RETAINER INSTRUCTIONS

The new retainer is only bonded to your front teeth because those teeth are the most likely to crowd. We have also given you a clear removable retainer. This clear removable retainer will also hold your teeth and is to be worn a few times a week or as directed.

CARE

We placed the retainer with the same strong material used to restore teeth. However, please avoid biting into hard, sticky foods with your front teeth. It may loosen the bonded retainer. Instead, cut hard foods (such as apples) into pieces and chew using your back teeth.

Flossing with this retainer will require that you use a floss threader or super floss to access the area between the teeth in which the retainer is bonded. You must thread floss under the bonded retainer to keep it clean, or else it can become a plaque trap. Also, to prevent calculus buildup, guide your toothbrush underneath as well as on top of the wire.

Teeth naturally have the tendency to want to rotate and drift back to the position they were in prior to orthodontic treatment, especially the lower front teeth. It is important that this bonded retainer is in place for several years. Although we do not anticipate it coming loose, if you do have any problems, please contact our office as soon as possible so we can repair your bonded retainer. **There will be a fee of \$95-\$250 to repair a broken lower retainer.** In the meantime, the clear removable retainer should be worn over the loose bonded retainer full time to ensure your teeth do not shift.

Congratulations on your new smile!!!

Dr Yoshikane and Team
(760) 942-1132