

## Fixed Retainer Appliances... Do's and Don'ts

**A fixed retainer is worn to hold your teeth in their new position permanently.**

Changes in tooth position will occur naturally with the ageing process and when retention is stopped, even after one year. As this is the case we use permanent fixed retention to stop this.

**You must keep the area where your retainer sits clean or it can lead to gum disease and caries.**

Using your toothbrush vertically behind the teeth, clean the area where the retainer lies all the way down to the gum margin. Use either interdental brushes or super floss to clean between the teeth, these are placed gingivally under the retainer wire and gently pushed through the teeth under the wire.

You need to be careful not to bend your retainer wires as this can cause the teeth to move. Therefore very hard foods should be eaten with the back teeth away from the wire and do not chew nails or pens.

If your retainer breaks or is giving you prolonged discomfort, don't wait for your next routine appointment, get in touch to arrange a sooner visit ASAP. If your retainer is broken and you fail to contact us to have it fixed, your teeth may move and then nothing can be done.

Your fixed retainer has a guarantee period of 12 months, after which there will be a charge to have it repaired or refitted, the guarantee does not cover wanting a new retainer or alternative retainer type. Contact the surgery for details or consult your own dentist.

If you feel you are biting prematurely on your retainer and it is causing any discomfort contact the surgery and we can adjust it for you.

**You need to carry on seeing your regular dentist for check-ups and have him check your retainer wires for you.**