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## Fixed (Bonded) Retainer

### Patient Information

Your fixed retainers are now in place. It is a fine piece of wire glued directly to the back surfaces of your front teeth.

These are regarded as 'permanent' retainers.

You have been fitted with this type of retainer to prevent your teeth from moving back to their original position.

You must continue to look after your teeth and maintain good brushing techniques. *You must also continue to see your regular dentist for routine appointments.*

You are asked to be mindful of eating very sticky foods such as 'Wham bars' and toffees, as well as hard foods such as pork crackling, as this may be too much for your fixed retainers to withstand.

You have been provided with removable plastic retainers which have been designed to accommodate the fixed

retainer. You will have been asked to wear them full time for 8 weeks and then every night.

If you notice that the wire becomes unattached at any time – you are advised to start wearing your removable plastic retainer full time and contact the practice to arrange an appointment to have the retainer repaired. If this happens within the first 12 months after the end of your treatment there will be no charge. In the unlikely event that this may occur after this time, you will incur a charge of £100.00 for replacement or £50 for repair (2019)

Please call us on 01473 636991 during normal working hours, if you have any problems with your fixed retainer. Out of hours 111.

