



1/27 College Road, Kent Town 5067
19 Fourth St, Bowden 5007
0411 748 146

smile@theorthodonticplace.com.au
www.theorthodonticplace.com.au

YOUR RETAINER GUIDE

Congratulations on completing your orthodontic treatment! As you are now ready to enjoy your beautiful new smile, you are also entering the most important phase in your orthodontic journey...**RETENTION PHASE!** Yes, it is a boring and not so exciting phase, but if you follow the rules, you should keep that beautiful smile for a long time.

1. You will receive bonded wires or glued-on stabilizing wires and 1 set of upper and lower removable retainers. Most people will only need to wear their removable retainers at night time, which means only when you sleep. Can't get any easier than this. **Seriously.**
2. If you stop wearing your removable retainers at night time, your teeth will move. When your teeth move, guess what, your retainers won't fit. This means that you will need new retainers to be made and they won't be free. I'm sure your parents or yourself would prefer to use your money for something more fun.
3. Sometimes, a series of unfortunate events can happen such as:
 - a) Dog chews retainers
 - b) Lost or broken retainers
 - c) You don't follow instructions and you let your teeth move
 - d) You have some dental work done

You will then need either a new scan or a new mold to remake your retainer. The cost for each new retainer is between \$180- \$250 per arch, depending on the type of retainer needed.

4. Rules for glued-on stabilizing wires are different. Please, you **MUST** follow the rules to avoid unnecessary breakages. During the first year after their placement, any repair for loose glue will be free. After that, there will be a fee of \$50 per tooth. **VERY IMPORTANT** – Do not pull out your wire if it becomes loose. Please wear your removable retainer over it and call us or call your general dentist to re-glue it **ASAP**. If you remove the wire completely, there will be a fee of \$350 to replace it.



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So how long do you have to follow these rules for? As long as you can be bothered to keep your teeth straight and your smile beautiful! Or until you want to pay for another treatment! Doesn't sound like fun, right. We suggest, follow the rules!

INSTRUCTIONS

FOR FIXED/ BONDED RETAINERS



WHAT IS A BONDED RETAINER?

A bonded retainer is a wire bonded or glued to the teeth with composite resin. This allows the teeth, bone and surrounding gums to stabilize after tooth movement. The bonded retainer can remain in place for several years.

CLEANING

Having a bonded retainer can make it easier for plaque to stick on your teeth. You need to brush carefully around the bonded retainer, paying particular attention to adapt the toothbrush around the gum margin. You will also need to use superfloss or floss threaders to clean in between the teeth, if enough space is available.



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DIET

Do not bite hard foods directly with your front teeth. If you do, the glue will come off and your wire will become loose. It will happen. We know. So cut up your food and use your back teeth to chew.

BREAKAGES

If you notice the bonded retainer has come loose or broken, contact us or your general dentist as soon as possible for a repair. You should continue to wear your removable retainer at night to keep your teeth straight.

IMPORTANT

As long as the wire is in place, you will need to maintain follow up appointments with your general dentist or hygienist.