

Retention Protocol for Fixed Retainers

To prevent your teeth from relapsing, you have been fitted with fixed retainers. These are attached to the back surfaces of the front teeth and will be left on your teeth until you decide to have them removed. These retainers consist of a wire adapted to the contours of the inner side of the front teeth and attached by means of tooth coloured cement.

General Rules

- Dental hygiene around the retainers needs to be excellent
- Flossing needs to be performed regularly
- The use of inter-dental brushes (TePe brushes) will help to keep the teeth clean
- If good oral hygiene is not maintained there is a possibility of tooth decay and gum disease around the bonded retainer
- Hard foods should be avoided to prevent breakage
- You will need to see your dentist/hygienist more frequently to help you keep the fixed retainer clean
- You will receive a reminder from us every 12 – 24 months as your fixed retainers will need to be checked on regular basis
- If the fixed retainer breaks please contact the practice as teeth can move very quickly

Orthodontics for Children and Adults

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