

## Your Bonded Retainer

Congratulations on having your braces removed. We know you are excited to have your teeth back! Before we forget about all the work we completed, I want to take a moment to emphasize the accomplishments: your teeth are now properly aligned, rotations have been corrected, gaps closed, crowding eliminated, and your bite is proper.

Patients and parents often ask the question "How long will I have to wear my retainers?" The honest answer is "As long as you wish to maintain your current smile." **Lifelong** retainer wear will help ensure the ideal alignment of your teeth.

### Good oral hygiene is a must

- It is imperative that you floss daily.
- Maintain your general cleaning appointments every 6 months at a minimum.

### Think twice before you bite

- Biting into carrots, apples, corn, etc. will break your retainer.

### If your retainer is broken please act immediately

- If you notice your retainer is damaged (loose in **any** area) contact the office immediately. We do not want your teeth to move!
- Retainers maintain the beautiful smile we have all worked so hard to achieve.

### Keep your retention appointments

- Retention appointments are necessary to ensure your bonded retainer is fitting its best.