

Fixed Retainers



A fixed retainer is typically a wire made of stainless steel and it is placed on the tongue side of the teeth, to help keep the teeth straight.

It is important to know that care must be taken to keep the fixed retainer working. If you do so, a bonded retainer can last for many years! Remember, you worked hard to get your teeth straight.

Should the retainer break or you feel a tooth may be shifting, call us **immediately** to have it looked at and possibly repair it. It is not unusual for bonded retainers to require repair and maintenance from time to time and there may be additional costs associated with this.

CLEANING

You must spend extra time keeping it clean. That means daily flossing or using interdental brushes and thorough brushing around your retainer must become a part of your routine.

SPEECH

The retainers may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as you get used to having your retainers in your mouth, any lisp or minor speech impediment should disappear.

COMFORT

It may feel uncomfortable for the first few days however your tongue will become used to it fairly quickly and it should be comfortable.



Remember!

If your wire is loose, do not cut the wire. Continue to wear your plastic removable retainer over the top (if you have one). This will stop your teeth from shifting. Fixed retainers need to be checked 1-2 times a year.



Oral hygiene

Oral Hygiene can be more difficult with fixed retainers and plaque tends to accumulate behind your teeth. If oral hygiene is not good you could develop problems on your gums and jaw. It is your responsibility to ensure you have regular dental cleans and check ups.