



Patient Information Leaflet- Fixed Retainers

Fixed retainers are thin wires bonded on to the backs of the front teeth. They are an excellent investment to keep your front teeth straight after successful orthodontic treatment. They can be used instead of or as adjuncts to removable retainers depending on the orthodontic treatment carried out. With good care fixed retainers can last between 5-10 years without needing repair or replacement. The following care is required:

- Avoid biting into hard foods for instance crunchy apples, granola bars and crusty bread
- Clean the fixed retainer with your regular toothbrush. To clean between the teeth that have the fixed retainer bonded to them, use interdental brushes. You will not be able to floss between these teeth
- It will take a short while to get used to them. Your tongue may find them irritating and your bite may feel different (for upper fixed retainers). This should improve within a few days
- Wear your removable retainers as prescribed by your orthodontist. Remember the fixed retainer is to retain the alignment of the front teeth only and cannot retain any changes to your bite or closure of extraction spaces
- Should anything feel loose or you think that your front teeth are moving let us know as soon as possible. It is often possible to repair the fixed retainer. In the meantime, wear your removable retainer every night until you see your orthodontist
- Visit your hygienist on a regular basis as lower fixed retainers in particular can attract tartar and compromise gum health
- See your general dentist on a regular basis so that any breakages that you have not noticed yourself can be picked up and dealt with
- Repairs or replacements incur additional charges

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