

Fixed Retainers



Now that you have a smile to be proud of we want to make sure it stays that way. Without retainers your teeth will start to move, so it's vital that you wear your retainers to keep your teeth straight.

To keep your smile looking its best your orthodontist will check and maintain your retainers for the next two years.

Fixed retainers are thin wires attached to the back surfaces of your front teeth to keep them straight. They may take a few days to get used to, but you will soon forget that they are there.

It is important that you keep the area around your fixed retainer clean. We recommend using an interdental brush or Superfloss to clean between your front teeth and underneath your fixed retainer.

We also advise that you see your general dentist or hygienist regularly for a professional clean.

Your fixed retainer can stay in place indefinitely and with proper care it will last for many years. After this time we can offer you **Retainer Care**, where for a small annual fee we will continue to maintain your retainers and any breakages will be repaired free of charge.

Take care when eating to avoid putting excessive force on the fixed retainer. If your fixed retainer does become detached please make an appointment to see us as soon as possible. In the meantime wear your removable retainer during the day as well as at night.



Interdental brush being used to clean a fixed retainer