

# Bonded Lingual Retainer(s)

## DO:

- Floss with floss threader daily
- Brush thoroughly all around retainer(s) before bed.
- Visit your dentist regularly for cleanings (every 3-6 months)
- Wear additional night time retainers to be certain there is no shifting of back teeth and as a safety measure to hold the teeth aligned if the bonded retainer should break and go undetected

## Careful:

- Not to break or tear CRUNCHY foods with teeth bonded to the retainer. Cut crunchy foods into bite-sized pieces and chew in the back. Crunchy foods include pizza crust, toasted bagels, raw vegetables, or fruits, ice, pretzel sticks, etc...

## IF:

- Retainer knowingly becomes unbonded, wear your clear retainer more and call Dr. Calef promptly to have it rebonded.

## Dr. Calef will:

- Check your bonded retainers periodically for 1 year and at 6 or 12 month intervals after that. If you move out of the area, be sure that you see a dentist regularly to be sure the bonding is intact. If an emergency repair is needed, be sure to call a dentist or orthodontist to have it looked at.

The cost of your orthodontic treatment included the fabrication of one set of retainers, and 1 year of retainer checks. Repairs, replacements, or changes to a new kind of retainer will cost extra depending on what is needed.