

The Bonded Retainer is used to prevent the recurrence of mild to severe crowding/spacing on the front teeth only. It is a thin wire that is “glued” to the tongue side of the front teeth, much in the way braces are applied. It is sometimes called a permanent retainer because of this bond, which can be removed at the patient's request. The bonded retainer can be worn for years but requires proper flossing and brushing techniques to maintain healthy teeth and gums.

### **Kadar Guides for a Great Result!**

- Remember to floss every day! Flossing is very important to maintain the health of your teeth and gums while the retainer is on your teeth.
- Use a Floss Threader.
  - Start directly at the gum line (under the wire), gently guide the threader between the teeth until you see the threader start to protrude out toward your tongue.
  - Grab the threader and pull the floss between your teeth. Once the floss is between your teeth you can floss down and around those teeth. Then pull the floss out.
  - Repeat for all remaining teeth bonded to the retainer.
- Use your back-up. We are providing you with a clear retainer to use in case your bonded retainer ever comes loose. The back-up can also be worn at night for extra retention. Keep your clear retainer in its case, in a very safe place!
- If the bond becomes loose, simply place the clear retainer over the bond and call our office during regular business hours to schedule an appointment to have it repaired.
- Keep your models in a safe place. If you ever need to replace your retainers, these models may eliminate the need to have new impressions made.



Call us at 856.582.1400 with any questions about your retainers. Tell a friend about the Kadar Orthodontics Team and enjoy your beautiful new smile!

**Congratulations!**