

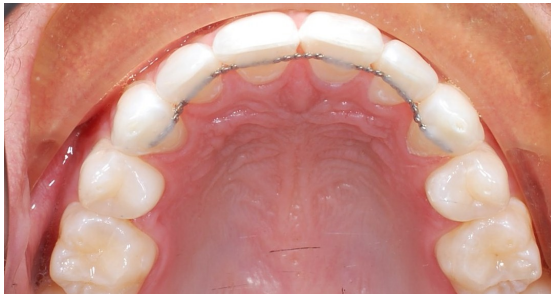
BONDED RETAINER:

Introduction:

Your bonded retainer has been designed to prevent your front teeth from moving.

It is your responsibility to keep your bonded retainer and your teeth clean, and to take care of them.

Please make sure you visit your general dentist for regular check-ups so that any problems can be dealt with immediately. Also ensure you have a clean and polish to clean any residual calculus around the retainer.



Fluoride

Fluoride reduces the damage from plaque acid. If you are lucky enough to live in an area, which has fluoridated water, you already have some protection.

In addition, you should use a fluoride mouth rinse: follow the directions on the bottle.

Remember to always use fluoride toothpaste.

Diet

HARD FOODS

Your bonded retainer is reasonably strong. However, biting hard food can break it, or make it to come loose. Avoid sticky lollies and be sensible about what you eat.

It is very important that you let us know if your bonded retainer is broken or loose as soon as possible. Please wear your back up removable retainer full time until we can fix your bonded retainer.



SUGAR

Most foods and drinks contain sugar. Reducing the number of sugar intakes per day reduces the time your teeth are under attack. Only have food and drink containing sugar at mealtimes. Between meals, drink water and have sugar-free snacks - check the label.

Maintenance:



Every time you brush your teeth, you will need to spend extra time to ensure you keep your bonded retainer clean. Continue to see your regular dentist for a routine check up and clean every 6 months. Use superfloss between your teeth under the wire after you have brushed your teeth.



If you have any problems, please telephone for an appointment as soon as possible on 9586 9653.