



**MC ELHINNEY & BREHA**  
— ORTHODONTICS —

*Kind, Gentle and Fast Braces*  
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## **INSTRUCTIONS AND CARE FOR FIXED RETAINERS**

A fixed retainer is a bonded (glued) piece of thin wire on the lingual (back) surface of your teeth. This is designed to prevent your teeth from shifting once your orthodontic treatment is finished. Cleaning instructions and care are as follows:

1. Brush behind the teeth with a soft bristle toothbrush in a circular motion. Floss by using Super Floss or a floss threader, these can be purchased from any drug store.
2. When you see your hygienist, please ask them to be careful when cleaning your teeth so that the fixed retainer does not get broken.
3. Avoid biting into anything hard with your front teeth as you may loosen the fixed retainer.
4. If something should happen to your fixed retainer, call the office ASAP to have it repaired or replaced. If the upper fixed retainer breaks and you cannot come in right away, continue wearing your removable retainer 24/7 until you are able to come in to avoid relapse.
5. Over time, the bond that holds the fixed retainers in place will start to dissolve. At that point, we recommend you return to our office. Since retention is a lifelong necessity, after the fixed retainer is removed a new fixed retainer or removable retainer may be recommended.