



## **Fixed or Bonded Retaining Wires**

In addition to your removable retainers (see the handout “You and Your Retainers”), we would like to place a fixed or bonded retaining wire on the inside or tongue side of your teeth. As long as the wire is correctly attached to your teeth, it will hold them reasonably straight.

### **Care Of The Wire**

Please be aware that you are responsible for the care of the wire. Proper care includes:

- **Careful, thorough brushing and flossing.** This must be done daily. In addition to brushing, it's essential that you floss between your teeth and into the gum areas below the wire. In order to do the best cleaning, most patients use a “floss threader” or “Super Floss”. When flossing, be careful to not push too hard on the wire. This can bend or dislodge it and will cause your teeth to shift. Failure to clean your teeth carefully will result in dental disease.
- If you're not certain how to clean around the wire, **just ask and we'll be happy to show you the correct methods.**
- **Do not pick at the wire.**
- **Do not bend the wire.** Unusually hard, sticky or brittle foods can bend the wire and shift your teeth.

### **Teeth Shift With Age...It All Shifts With Age**

As you get older, your face will change. A great deal of research\* has proven that just as your face changes with age, so will your teeth shift with age. This happens whether you've had braces or not. **Those that shift the most are your lower front teeth.** As a matter of research at the University of Washington at Seattle, retaining wires were left in place for more than 10 years. After removal of the wire, teeth began to shift within a matter of months. So, retaining wires are a bit of orthodontic magic and will nearly stop teeth from shifting with age. As long as the wire is correctly in place, your teeth will stay reasonably well aligned. **So, if you want your teeth to stay reasonably well aligned, a bonded or fixed retaining wire and/or a removable retainer must be left in place and maintained for the rest of your life.**

### **What If I Have A Problem?**

We'll be seeing you to check the bonded wire and removable retainers after they are placed. If you think something *isn't right* be certain to contact the office immediately to set up an appointment. Failure to do so may result in crooked teeth, more braces and added expense. If that happens, everyone will be upset. So, please be careful and don't hesitate to contact us if needed.

- I acknowledge receiving a copy of this information: \_\_\_\_/\_\_\_\_/\_\_\_\_

- ☐ Accept Fixed Retainer
- ☐ Decline Fixed Retainer

\_\_\_\_\_  
Patient Name

\_\_\_\_\_  
Patient/Parent/Guardian

\*Stability and Long-Term Change: Seminars in Orthodontics, Volume 5, Number 33: September 1999

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**PEDIATRIC\* ORTHODONTIC \* ADULT**