

## BONDED 3-2-1 RETAINER

### What does it do?

It maintains dental alignment. This retainer may or may not be combined with an upper removable retainer.

### What does it look like?

- The retainer is a thin braided wire bonded to each of the front six teeth.
- It has the advantages of being invisible and very comfortable.

### How long is it worn?

- Your orthodontist will advise length of time you will wear your retainer and frequency of visits to maintain it.

### How do I care for the appliance?

- Brush regularly and floss regularly using a floss threader, Superfloss, or an electric flosser.
- Be sure to attend your appointments for routine observation and maintenance of the appliance.
- Avoid biting into hard foods with your front teeth, such as apples, raw carrots, corn on the cob, etc.

### Problems with the appliance?

- Please come in immediately if you feel that any of the bonds have broken. Any tooth no longer attached will be free to move.
- Please bring the retainer in with you in case we are able to rebond it.
- Breakages of bonds can occur with very hard foods or if something is wedged between the teeth (toothpick or fingernail). Please call if a repair is needed.



*An additional fee may be charged if the wire is lost or broken.*