

# Looking after your smile

## Fixed retainers

### What are fixed retainers?

These are fine braided wires that are glued to the back of your front teeth. They are a really useful technique to keep your teeth straight when used in combination with a removable retainer.

### Will people be able to see my are fixed retainers?

Placed behind the front teeth, fixed retainers are not visible, and it will only take your tongue a day or two to get used to them. You will soon forget that they are there.

### How do I keep my fixed retainer clean?

Fixed retainers take an extra bit of looking after, and a bit more care must be taken during toothbrushing. You can also use Superfloss - we will show you how - to thread underneath the fixed retainers or small brushes to keep the area clean.

### How long do I wear my fixed retainer for?

We like to leave fixed retainers in place on a long-term basis, and as long as they are not causing you any problems it is best to leave them on the teeth. As with anything in the mouth, they will need some maintenance from time to time, and can break. In most cases, fixed retainers will last for many years.

### What should I do if my fixed retainer becomes loose?

If the wire becomes loose from one or all of the teeth, make an appointment to see your orthodontist as soon as possible. Wear your removable retainer full-time until you see the orthodontist. Your fixed retainer is likely to last many years. When it eventually comes off you may choose to have them repaired, replaced, or removed.

### Can they do me harm?

There is no evidence that fixed retainers do harm, providing that they are kept clean and checked by your dentist or orthodontist.



### Do I still need to visit my regular dentist?

Yes, we recommend that you see your dentist or hygienist on a regular basis. They will help you to keep your fixed retainers clean.

### Can I come back to Queensway Orthodontics if I have any problems?

Your orthodontist will supervise your retainer wear for a period following placement. If you do have any problems in the future, you are always more than welcome to come back and see us if your dentist is unable to help you, although there may be a charge for this.

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