

UPPER/LOWER RETAINING WIRES

The orthodontic retainer that has been placed is on the inside of your upper/lower teeth. It is referred to as a “bonded lingual retaining wire” or “fixed retainer.” 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 3x/day, it is essential that you floss between your teeth and into the gum area below the wire at least 1x/day. 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 and gums thoroughly may result in gum disease or decay.
- If you are not certain how to clean around the wire, just ask and we will be happy to go over the correct methods with you.
- Do not pick at or play with the wire.
- Do not bend the wire. Hard, sticky or brittle foods can bend the wire and will shift your teeth.

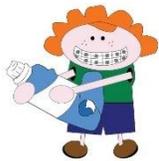
Teeth Shift with Age

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. This happens whether you have had braces or not. Those that shift the most are your lower front teeth. As a matter of research at the University of Washington, 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 aligned, the wire must be left in place and maintained for the rest of your life.

What if I have a Problem?

You will be seen about a month after the wire was placed for a retainer check. Unless the wire is bent or dislodged there are no additional office fees for 6 months past the time your braces are removed and the wire has been placed. However, if you think something is not right, be certain to contact our office and come in quickly. Please give us a call at **920-739-6808**. Failure to do so may result in crooked teeth, more braces and added expense. So, please be careful and do not hesitate to contact us.

If the wire were to come off, save it, call our office, and bring it to the appointment with you!



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gentle dental care

