INFORMATION FOR PATIENTS

Bonded **retainers**

Prices and aftercare for your fixed retainer

PORTADOWN ORTHODONTICS

A bonded retainer (also called a fixed retainer) is a thin wire glued to the inside of your front teeth. It sits out of sight, holding your teeth straight day and night.

New or replacement	Repairs	Removable retainer
£500	**£100**	**£105**
per arch	**per tooth**	**per arch**
Bonded (fixed) retainer	Re-gluing the retainer to a tooth	We usually recommend one as well

Bonded retainer + removable retainer

You get both: a new bonded retainer (£500) + a removable retainer (£105)

£605

per arch · £1,210 for upper and lower

We usually recommend removable retainers too, to help stop teeth moving if the bonded retainer breaks. Any dentist or orthodontic clinic can often provide bonded retainers – costs vary.

Why bonded retainers **break over time**

The wire is held on each tooth with a small amount of **composite** (tooth-coloured filling material). This slowly wears down with biting and chewing, so over time the wire can come loose or break.

After your bonded **retainer is fitted**

- **It may feel strange or rough at first.** Your tongue usually gets used to it in a few days. **Mild discomfort:** simple painkillers (always check with a parent and follow the instructions on the packet) can help.
- **Cleaning:** brush twice a day for two minutes, up and down over the wire. Clean under the wire every day with a **floss threader** or **interdental brushes**.
- **Food:** do not bite hard foods with your front teeth (cut up apples, carrots, crusty bread). Avoid sticky, chewy and hard sweets, and do not bite nails or pens.

If it comes **loose or breaks**

- **Contact your regular dentist first.** They can usually repair it. If they think it needs us, they can refer you, or you can refer yourself on our website. Keep wearing your removable retainer until it is fixed.
- **Something sharp or rubbing?** Use orthodontic wax, then try your regular dentist first. If they cannot help, you can contact us, but costs will apply for treatment.
- **New removable retainer?** Contact us > Lost or broken retainer: **portadownorthodontics.co.uk/lost-retainer.html**
- **Never try to bend, cut or glue the wire yourself. Questions? Ask your clinician during your appointment.**

Questions **or problems?**

Clinic name	Heathwood House	**Phone**	028 3870 2623
Email	heathwoodhouse@djmaguiredentists.co.uk		
Opening hours	Mon–Thu 8am–5pm; Fri 8am–4pm (usually closed 1–2pm)		

Please have your name and date of birth ready when you contact us.