



ENGINEERING SPECTACULAR SMILES WITH SUPERIOR SERVICE FOR AMAZING PATIENTS®

WHY NOT A BONDED BAR BEHIND THE TEETH RATHER THAN A CLEAR RETAINER?

Dr. Papandreas has recommended a clear retainer which provides the best long-term prognosis for straight healthy teeth for many years to come. You have asked about an older 'bonded bar' style retainer. You will ultimately direct Dr. Papandreas but understand the following prior to choosing which you would like.

Bonded (glued) 'Bar' Style Retainer

- Does not hold all the teeth as straight, only the few to which it is glued.
- Still requires a clear retainer to hold all other teeth in place.
- Like braces you must modify your diet to avoid hard foods which will over time cause the bar to break (i.e. apples, bagels, pizza crust, etc...). There is a charge to replace both the bonded retainer and regular retainer to fit over the new bar.
- The bar is prone to distortion which will cause the teeth to shift.
- Meticulous brushing and individual flossing w/a floss threader to avoid cavities and gum disease around the bar.
- Does not cover the top of the teeth so does not protect against grinding and wear at night.
- Higher cost to repair.

Clear Retainer

- Fully covers the teeth so keeps them straighter.
- No change in diet to avoid breaking.
- Fully covers the teeth so protects against uneven wear over time as you grind and clench at night.
- Easier to clean retainer and teeth to avoid cavities and gum disease.
- Lower repair cost.