



Fixed Wire Appliance

1. Teeth will be tender for the first few days.
2. Do not eat hard or sticky foods, such as taffy, jawbreakers and ice cubes, while retainer is in place.
3. Brush retainer at least twice daily. Food which is trapped in the wires can be dislodged with a toothbrush.
4. If the appliance comes loose or breaks, please call the office for an appointment.

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