

# Flossing with your Bonded/Fixed Retainer



The retainer on your lower teeth is individually bonded to each tooth. You can and will still need to floss your teeth with this kind of retainer



Use a floss threader and insert from the front of your teeth under the bonded retainer

Pull the floss through and floss between the teeth. Remove the floss threader and continue this process until each tooth attached to the bonded retainer has been flossed.

