

## All About the BONDED PALATAL (UPPER) RETAINER (BPR)

### Description:

A Bonded Palatal Retainer Appliance (BPR) is usually comprised of a braided stainless steel wire that connects to the lingual (back) surfaces of the front teeth. Composite resin (dental restorative material) is used to adhere the appliance to the teeth.

### Usage:

The Bonded Palatal Retainer Appliance (BPR) is used to maintain a previous orthodontic result or to simply prevent undesirable movement of the teeth. Retention appliances are typically worn full-time for one year following orthodontic therapy to allow for remodeling of the bones and gums and then nightly thereafter to maintain the orthodontic correction.

### Cleaning:

We encourage patients to clean the appliance with toothpaste and a toothbrush each and every time the teeth are brushed. Flossing – threading the floss under the appliance at each point of contact – is advised at least once a day. (Please visit the Patient Guide section of [bronskyorthodontics.com](http://bronskyorthodontics.com) for animated instructions.)

### What to expect:

Upon initial placement, there may be some tongue obstruction, but your speech will be back to normal in just a few days.

### Dr. Bronsky's Tip:

Read your favorite book, magazine, etc. to yourself in front of the mirror for five minutes a day – your speech will be perfect in no time.

### Please Note:

The BPR has a greater frequency of debonding (breaking off) as the lower teeth often contact the appliance. It may be helpful to wear a removable retainer while sleeping to prevent trauma to the BPR while preserving the appliance.



Copyright Signature Design 2010



Copyright Signature Design 2010

### Remember:

Retention is as important as the treatment itself and is essential to the long-term maintenance of your new bite and smile.