



BONDED LINGUAL RETAINER AFTERCARE

Your bonded lingual retainer is extra security to keep your teeth straight now they are beautifully aligned. It may feel uncomfortable for the first few days however your tongue will become used to it fairly quickly and it should be comfortable.

It is important to know that special care must be taken to keep the bonded retainer working and looking great. Remember, you worked hard to get your teeth straight—so let's work together to keep them that way. If you do so, a bonded retainer can last for many years!

1. Since they are bonded to your teeth like your braces were, special care during eating must be observed. Hard, crunchy, tough, and chewy foods must be avoided—just like when you had your braces—or it can break. If it breaks, the teeth can shift very rapidly.
2. You must spend extra time keeping the bonded retainer clean. That means daily flossing or using interdental brushes and thorough brushing around your retainer must become a part of your routine.
3. Continue to see your family dentist and hygienist for regular check-ups and cleanings, as recommended by them, to keep your teeth healthy.
4. Sometimes, only a single tooth may become detached from the wire—which may be hard to notice. Should the retainer break or you feel that a tooth or two may be shifting, call us **immediately** to have it looked at and repaired.
5. If your wire is loose and is irritating your tongue, do not cut the wire. Continue to wear your plastic removable retainer over the top to stop your teeth from moving and to protect your tongue from any irritation the wire may cause when loose.

Cost of Repairs

It is not unusual for bonded retainers to require repair and maintenance from time to time and there are additional costs associated with this. Please contact Toowong Orthodontics if you would like further information.