

BONDED LINGUAL RETAINER

The bonded lingual retainer is optional and incurs an additional fee. Your orthodontist may recommend it as an extra retention appliance, although it is not an alternative. You must wear the clear retainers over the bonded wires at nights to keep your teeth aligned in the future!



INSTRUCTIONS

Make sure to rinse or clean around your wires after eating. Any food debris stuck between your teeth may cause a build-up of plaque or result in cavities over time.

Do not use regular floss around your bonded lingual wires, instead use:

- A water flosser if you have one at home.
- Piksters
- Super floss. Be careful not to pull on the wires as that may result in breakages.

If your bonded lingual wire has been damaged, please contact the clinic to inform us as soon as possible. A damaged wire may result in:

- Movement in teeth. Especially if you have not been wearing the clear retainers diligently.
- A bonded lingual wire replacement (additional costs may apply).
- A new clear retainer, as the old one may not fit after replacing the wires (additional costs may apply).

As we utilise 3D scanners to create your retainers, we can order new clear retainers for you in the future as long as you have:

- Not damaged the wires and replaced them, as it may not fit
- Your teeth have remained aligned

After removing the wires:

- You can continue to wear your original clear retainers
- Or your existing 3D scans can be used to order new retainers if needed (As long as your teeth have remained aligned)

It is recommended that your wires remain in your mouth for around 2 years following the removal of braces/aligners. Following this time, it is up to you and your General Dentist to decide whether you prefer to maintain it until it debonds or have it removed and continue wearing the clear retainers only. The reason for removal may be to improve or maintain cleanliness around your teeth and gums. Please remember that the clear retainers still need to be worn long term.