

Your Permanent Lower Retainer

(fixed lower lingual retainer)



PURPOSE

Once teeth are straightened, it is very important that they be maintained in proper position to permit the supporting structures to strengthen. Lower front teeth are especially susceptible to relapse. By using a permanent lower retainer, you are reducing the chance that your bottom front teeth will shift out of position. You do not have to remember to wear this retainer and you cannot lose it. It will always be doing its job. If you have a top retainer, you should be wearing that as prescribed, too.



MAINTENANCE

Brush all around your retainer thoroughly. It is extremely important that you keep it clean. If you notice any of the bonds that link your retainer to your teeth getting loose, call us right away before the tooth shifts. We will rebond it as soon as possible. There may be a fee to rebond or replace your lingual retainer. We recommend you floss under your retainer. To do this, you will need to use a floss threader. We will give you an initial supply, but floss-threaders are available at any pharmacy in the dental-care section.



TIMETABLE

You permanent lower retainer should be worn as long as possible, but at some point either you or your dentist may request it be removed. After it is removed, we recommend you consider a removable retainer, to be worn every night, to help maintain the alignment of your teeth. The charge for this new retainer is the basic retainer-replacement fee. Even after the end of the six month retention phase of your orthodontic treatment, you are always welcome to come in so that we may ascertain the condition of your teeth. A nominal office visit charge may apply for these visits.



The retention phase of your orthodontic therapy is every bit as important as the active phase. Success in this phase of treatment, just like in the active phase, depends upon your cooperation. Please try to help us to maintain your great smile.



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