

Lingual Wire

Description

The lingual wire is a type of permanent retainer. This retainer is a strong single braided gold wire that is cemented to each tooth.

Purpose

The lingual wire acts as a retainer for the teeth and keeps the teeth from shifting.

Wear

This retainer is cemented to the inside of your teeth. The great thing about the lingual wire is that you cannot lose it or forget to put it on.

Cleaning

Brushing will be easier without braces, but it still means that you must brush your teeth at least twice a day. Keep that smile clean. Floss the teeth that do not have the retainer connected to it normally. Use bridge-aid floss threaders for the teeth that are attached to the lingual wire. The threaders help the floss go under the wire.

Tenderness

Since the headgear is applying pressure to the upper molars, they will often become sore for several days. This feeling is very common as the teeth get used to the appliance. It is very important to be consistent and wear your headgear every night. Missed days allow the teeth to shift back and thus slow treatment; it also results in another few days of soreness as the teeth readjust to the appliance.

Caution

Like the braces, the wire can experience wear and tear. Do not play with the wire. If you accidentally chip of a piece of cement give the office a call at (203) 431-4466 to schedule an appointment for us to fix the retainer.

Parting Words

Congratulations on embarking on the final stage of orthodontic treatment! Although the braces have been removed (or will be removed very soon) you must remember that as we age or body changes and our teeth change too. This means that retention is forever! The lingual arch can stay on your teeth indefinitely as long as you maintain great oral hygiene around the wire. If you would like the retainer removed for any reason, we will be happy to do it, but a removable retainer will then be recommended so that the teeth can maintain their ideal position in the mouth. A lab fee is charged for a new removable retainer.