Fixed Lingual Retainers: Patient Instructions and Home Care

Patients are instructed not to eat any hard foods for at least 48 hours after the Fixed Lingual Retainer is delivered. Ideally, they will understand the need to avoid any heavy contact of food or items like pens or straws with the Fixed Lingual Retainer.

Fixed Lingual Retainers should be cleaned by normal brushing and mandatory flossing on a daily basis. A simple floss threader is used to loop the floss under the wire to permit cleaning.

An explanation should be sent to the general dentist explaining the features of this bonded lingual retainer. Most hygienists have experience cleaning around this type of appliance.

The Fixed Lingual Retainer does not require long term follow up appointments for the orthodontic patient.