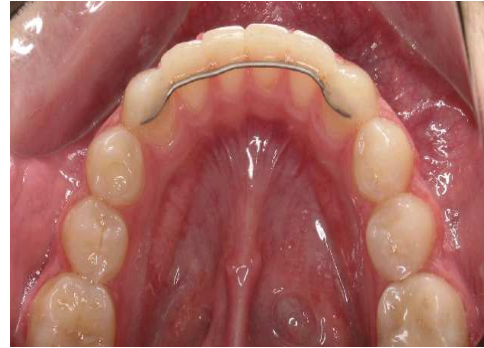


Fixed Lingual Retainers



Upper lingual fixed



Lower lingual fixed

- ◆ The fixed retainer prescribed for you is designed to maintain the final positions of your teeth. It may be used on the Upper or Lower arch.
- ◆ The fixed retainer consists of a tiny wire glued comfortably behind the teeth. Usually you will wear a removable retainer at night in addition to the fixed retainer.
- ◆ You will be given special instructions on how to floss under the fixed retainer. As always, don't forget to brush the area where your retainer is located.
- ◆ Biting into hard foods with your front teeth could cause the fixed retainer to break. Habits like chewing ice or chewing on the ends of pens or pencils will damage the appliance and should be avoided.
- ◆ If the fixed retainer breaks or becomes loose for any reason, please call the office as soon as possible. **YOU SHOULD IMMEDIATELY BEGIN WEARING YOUR REMOVABLE RETAINER FULL TIME TO MAINTAIN THE CORRECTED TOOTH POSITIONS.** Continue wearing your removable retainer full time until your appointment to have your fixed retainer repaired or a new one inserted.