

All About the **BONDED LINGUAL (LOWER) RETAINER (BLR)**

Description:

A Bonded Lingual Retainer Appliance (BLR) is usually comprised of a braided stainless steel wire that connects to the lingual (back) surfaces of the front teeth. Composite resin (dental restorative material) is used to adhere the appliance to the teeth.

Usage:

The Bonded Lingual Retainer Appliance (BLR) is used to maintain a previous orthodontic result or to simply prevent undesirable movement of the teeth. Retention appliances are typically worn full-time for one year following orthodontic therapy to allow for remodeling of the bones and gums and then nightly thereafter to maintain the orthodontic correction.

Cleaning:

We encourage patients to clean the appliance with toothpaste and a toothbrush each and every time the teeth are brushed. Flossing – threading the floss under the appliance at each point of contact – is advised at least once a day. (Please visit the Patient Guide section of bronskyorthodontics.com for animated instructions.)

What to Expect:

Upon initial placement, there may be some tongue obstruction, but your speech will be back to normal in just a few days.

Dr. Bronsky's Tip:

Read your favorite book, magazine, etc. to yourself in front of the mirror for five minutes a day – your speech will be perfect in no time.

Remember:

Retention is as important as the treatment itself and is essential to the long-term maintenance of your new bite and smile.



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