



Lingual Bar

A small bar has been placed on the back of your upper front teeth. We refer to this as a lingual bar. We use a lingual bar for many reasons and it will remain in place for a number of years.

Cleaning:

Make sure you remember to brush behind your teeth really well, especially around the lingual bar so that food and plaque does not collect and the gums do not become inflamed. You can still floss your teeth and should do so once a day.

Important Information to Remember:

1. The bar may become loose. It may detach from just ONE tooth and appear to still be in place or it may fall off completely. Call if either happens.
2. A space may open between the upper front teeth. ***This space can open quickly!*** Call immediately and let the office know if a space is opening.
3. Please be sure to wear your retainers **FULL TIME** if a space begins to open. The retainer will close the space.
4. Glue will remain behind the front teeth if the bar falls off. If you decide you do not want the bar, we will still need to remove the glue. Please call to schedule this procedure.
5. If the front teeth remain closed after the lingual bar becomes loose, the bar may not need replaced.
6. The doctor may suggest having a frenectomy completed. This also helps to avoid the space opening again and is often required as part of your treatment. Please be sure to follow up with the surgeon that was suggested to you. If you decide to not have a requested frenectomy done, please know that you have also decided to take a chance that the space will reopen.

These instructions are very important! Central spaces have a tendency to want to reopen. If you have any concerns or notice any space opening at all, wear your retainers full time and call immediately – even if you THINK the bar is fine. A space should not be opening with a lingual bar in place and proper retainer wear.

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