

instructions for lingual wire



what does a lingual wire do?

A lingual wire is a type of retainer which works by holding your straight teeth in place. It can stay indefinitely, as long as it is maintained with regular visits to your dentist and correct cleaning at home.

The wire can be on both the upper and lower teeth if your bite allows.

cleaning and care

There are 3 main steps required to take care of your lingual wire:

- 1.** Continue to see your dentist every 6 to 9 months for a routine check-up and clean.
- 2.** Use a Pikster™ to clean underneath your wire every night before going to bed. This will be done before brushing your teeth. ***Refer to the pictures below on how to clean best.*** It is important to use floss every night in-between all other teeth.
- 3.** Brush the wire gently with your toothbrush every time you clean your teeth. This will brush away all of the debris the Pikster™ and floss removed.



how to use Pikster™ brushes

Remove the clear lid from the Pikster™, this can also double as a handle extender!

Stand in front of a mirror and hold your lip out of the way.

Gently push the tip between two teeth, it is important to ensure that the bristle is below the wire.



Push back and forth a few times, this will loosen any plaque or food that is trapped between your teeth.



Repeat this step for each tooth that is attached to the wire.

Once you have done this for all of the attached teeth, rinse the Pikster™ under water and replace clear lid.

You can keep using the same Pikster™ for several days before replacing it.

You may find it more comfortable if the bristles are already wet or covered in toothpaste when using.

be careful

It is still important that you are careful with what and how you eat.

Some hard foods can loosen the glue that attaches to your wire.

Please take extra care when eating apples, carrots and crunchy bread rolls/crusts.

foods to watch out for

- Chewy lollies (e.g. toffees, minties, fantails)
- Nuts
- Hard lollies and lollipops

- Cold chocolate, nougats and caramels
- Hard biscuits and crackers
- Muesli bars
- Ice cubes, not to be chewed on
- Pork crackling

what we give you today

- A packet of Piksters™. These are for you to use every night. If you run out, you can use your apple points, buy another packet from our reception desk or you can buy more from the chemist or supermarket

it is up to you

Be careful with what you eat.

If your wire becomes detached from any of your teeth, or if you notice your teeth moving, please make an appointment with us as soon as possible.

It is very important that you attend regular check-ups every 6 to 9 months with your dentist.

Bring your retainer and retainer case with you to all appointments!