

Fixed Retainers

Following removal of braces, or on completion of Invisalign treatment, fixed retainers may be used. These stainless steel appliances are bonded behind the upper and lower front teeth and may remain in the mouth for an extended period of time.



How do I care for fixed retainers?

Fixed retainers allow for regular brushing and flossing, using floss threaders or superfloss. Our staff will talk you through this process.

Your dentist can do normal scale and clean around the retainers.

Do fixed retainers ever break?

Occasionally fixed retainers may become debonded, usually due to heavy force from eating hard or abrasive foods. Fixed retainers can be re-bonded and should be done as soon as the breakage is noticed.

When should I see my general dentist?

It is important to see your general dentist every 6 months during any orthodontic treatment including the retention phase.

PLEASE CONTACT THE ADELAIDE OFFICE FOR ALL APPOINTMENTS AND CORRESPONDENCE

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ORTHODONTIC
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Retention

A guide to keeping your teeth

straight for life

Specialist Orthodontists

Dr G J Burnett

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Retention

What is retention?

Retention is the most important part of orthodontic treatment. All patients require a form of orthodontic retention following removal of their braces or Invisalign aligners.

After orthodontic treatment is complete and your teeth are perfectly aligned, elastic tissues in the gums try to pull the teeth back into their original position. Retainers reduce or stop these undesirable movements and allow time for the gums and soft tissues to adapt to the new tooth positions.

RETENTION IS ESSENTIAL FOR MAINTENANCE OF YOUR PERFECTLY ALIGNED TEETH.



Why do my teeth want to move back?

A common misbelief is that the results at the completion of orthodontic treatment are permanent, however this is not the case. Teeth can move throughout life. This is a natural part of growth and function.

We strongly recommend that all patients, who have completed orthodontic treatment continue with retention for as long as they want their teeth to remain straight and maintain a perfect smile.

Types of retention — Removable / Fixed



Removable Retainers

Removable retainers may be given to patients following the completion of orthodontic treatment. These retainers stabilize the teeth, help maintain the shape of the arch and preserve the way your teeth bite together.

Generally, these retainers are constructed with clear tritain material and should be worn all the time for the first three days after braces are removed. They may be removed for eating, drinking, brushing your teeth and during sports or swimming.

After being worn constantly for three days, the wear time can be reduced to twelve hours per day, until your orthodontist instructs otherwise.

How do I clean my retainers?

Removable retainers should be cleaned by scrubbing with a toothbrush, toothpaste and cold water. Never clean retainers with hot water as this may cause them to warp. They may be soaked in a denture cleaning solution.

When should my retainers be checked?

Your orthodontist will monitor your aligned teeth at three, six or twelve monthly intervals whilst you are in the retention phase of treatment. Please remember to bring your retainers with you to each follow-up visit.

Notify us immediately if you break, misplace your retainers or are unable to wear them for any reason.

How long do I need to wear my retainers?

Generally the retainers will be worn for 12 - 24 months for 12 hours every day. After 12 - 24 months, your orthodontist will assess your need for retention.

Continued retainer wear in some capacity is an excellent idea and helps to ensure a stable result.

