

## ORTHO RETAINERS POST OP INSTRUCTION SHEET:

### Various Types of Ortho Retainers:

- 1- Fixed Lingual bar retainer
  - a. This is a thin piece of metal that gets cemented in position on the lingual side of the front teeth
  - b. Typically, we would do an upper lingual bar and a lower lingual bar simultaneously.
  - c. This provides the best and strongest form of retention after ortho.
  - d. However, the disadvantage is the patient will be unable to floss normally. Thus, these patients MUST use “super-floss floss threaders” AND WaterPik water irrigation machine on a DAILY BASIS to ensure proper gum health and protection from cavities.
  - e. The patient would have 2 fixed lingual bars across the front teeth (canine to canine). These patients must ALSO wear normal clear plastic essix retainers ontop of the lingual bars.
- 2- Clear Plastic Retainers (aka Essix Retainers)
  - a. This is a clear plastic vacuum formed retainer that simply snaps into position around your teeth ensuring the teeth don't relapse back to the incorrect alignment positions.
  - b. The patient will receive one upper retainer & one lower retainers (this is 1 set of retainers)

### Instructions for use of ortho retainers:

- 1- Every orthodontics patient should theoretically receive “fixed lingual retainers” for upper arch and lower arch.
- 2- Every orthodontics patient should wear “clear plastic essix retainers” on-top of the “fixed lingual retainers”.
- 3- The “fixed lingual retainers” should stay in position for about 1-5 years, depending on the amount of pre-op crowding/diastema that was present. Some patient will obviously prefer to avoid fixed lingual retainers due to extra hygiene requirements associated with “fixed lingual retainers”.
- 4- The clear plastic retainers (aka essix retainers) should be worn ATLEAST 8 hours per day and for ATLEAST 10 years after completion of orthodontic therapy.
  - a. Most patients wear these retainers during slumber because that will achieve 8 hours retention therapy per day and it will also block some of the damage from night time grinding habits (aka bruxism).
  - b. We strongly recommend that our patients wear the essix retainers for 20 hours per day in the beginning, immediately after completion of orthodontic therapy.
    - i. This is because the patient will experience aggressive relapse forces in the beginning and thus wearing the retainers for 20 hours per day is highly recommended for the first 3-6 months after completion of orthodontic therapy.
    - ii. The more you wear the retainers the better off you will be!
- 5- What happens if the patient didn't get fixed lingual retainers (or doesn't wear their essix retainers sufficiently)?
  - a. Many patients come back for revisions because they didn't wear their retainers well enough, and we charge the patient to do those revisions.
  - b. Once the patient finishes ortho and moves to retainers we charge for any further revisions after the retainers have been ordered.
  - c. Every patient has a different amount of relapse phenomenon due to differences in genetics.
- 6- Orthodontic Relapse Phenomenon
  - a. Orthodontic relapse is extremely common so please take all necessary measures to prevent relapse.
  - b. If you want more confidence that relapse will not happen then you should do the following things:
    - i. Get fixed lingual retainers for the first 1-5 years after completing ortho.
    - ii. Wear your essix retainers for 20 hours per day for the first 6 months after completing ortho

### Basic Concepts about Ortho Retainers:

- 1- Reasons to wear retainers: If the patient fails to wear retainers, then they will experience "Orthodontic Relapse"
- 2- Lack of Warranty for Retainers:
  - a. Fit Problems at time of delivery:
    - i. We only warranty that the retainers should fit properly at time of delivery.
    - ii. If they don't fit then please alert us to that at time of delivery and we will either give you a refund or take a new impression to order new retainers.
    - iii. If the patient leaves the office with the retainers then we provide zero warranty from that point forward.
  - b. Broken/Damaged Retainers:
    - i. If the retainers break or crack then we will charge the patient to make new ones.
    - ii. We do not provide any warranty at all for longevity of the retainer.
    - iii. Longevity depends on the patient's bite and grinding habits (aka bruxism)
    - iv. Some patients grind a lot and break their retainers very quickly.
    - v. We do not provide warranty on the retainer due to fracture or cracks or anything like that.
  - c. Allergy Warning:
    - i. We are not aware of any possibility for the patient to have allergy to dental acrylic. However, we consider it the patient's responsibility to first test themselves for allergies. So you should take dental acrylic to a allergist and ask them to do contact testing for you on the skin. The allergist can confirm for you that you are not allergic to dental acrylic.
    - ii. We provide ZERO warranty for suspected allergy response to the retainer. If you think you had an allergy to the retainer then we will NOT provide any refunds. We recommend you check with allergist first and then use the retainer only after checking with allergist about allergies.
    - iii. We are not aware of any cases of allergy to dental acrylic.
  - d. Fixed Lingual Retainers:
    - i. "fixed Lingual Retainers" do not have any warranty and we will charge to replace or repair a broken/damaged "fixed lingual retainer".