

Orthodontic Retainers

Retainers keep the teeth straight at the end of the Orthodontic treatment. They are not usually used to straighten teeth. There are two types of retainers: Removable, and Fixed. The most common removable ones include Hawley and Essix retainers.

- + Hawley Retainer**
This traditional retainer includes a metal wire that fits across the front teeth, metal clasps (clips) on the back molars, and a plastic frame. It is easy to insert and remove and is rigid, sturdy, and hard to break. It is also indicated for certain situations for example if you've had an open bite before treatment. It is slightly difficult to speak with.
- + Essix Retainer**
This type of retainer is manufactured from a thin plastic material to hug the teeth snugly. It is easily removed, comfortable to wear, and is almost invisible. It is easier to speak with that to a Hawley retainer but can wear and tear and break more easily.
- + A fixed retainer**
A fixed retainer is a semi-rigid wire that is glued behind the front teeth. It is usually invisible and a must in some cases.
- ? Which retainers do I need?**
The Orthodontist will discuss that with you at the end of the treatment. This will depend on the position of your teeth before and after treatment and the health of your teeth and gums.
- ? How much should I wear my removable retainers?**
As a rule of thumb, we recommend full time wear for a month followed by a gradual reduction to night wear. However, we do not advise reducing wearing the retainers if the teeth appear to move out of line or if the retainers feel tight.
- ? Cleaning a fixed retainer**
Brush and floss just like you did with your braces.
- ? What to do if they break or are lost?**
Call the office and arrange an appointment to repair or replace them as soon as possible. Ask the receptionist how much this will cost.
- ? Cleaning removable retainers**
It is important that you clean your appliance before going to sleep and in the morning. Brush it inside and out using a normal toothbrush and soap water. Place the appliance daily in a cup with warm water and a Retainer Bright tablet (available to buy at reception).
- ? When should I not wear my removable retainers?**
They are taken out for eating, drinking, when brushing the teeth and for physical activities.



Essix Retainer



Hawley Retainer