

## RETAINER OPTIONS

### BONDED (FIXED) RETAINERS



Bonded retainers, or fixed retainers, are small wires that are “glued” to the inside surface of the teeth. Most frequently they are used on the lower front 6 teeth, but in certain cases they may also be placed on the upper front teeth.

#### PROS:

- Most reliable way to maintain tooth position
- Don't need to remember to wear it
- Comfortable
- Not visible to others
- Can last many years if all instructions followed, and well cleaned and maintained

#### CONS:

- Can't bite into foods like apples, bagels, corn on the cob, etc.
- Can easily become debonded or “unglued” and require repairs or replacement (additional fees for repair)
- Difficult to clean (MUST be *carefully* cleaned with floss and brushing **daily**)
- Upper fixed retainers frequently “debond” because the lower teeth bite on the inside surface of the upper teeth

### INVISALIGN/VIVERA RETAINERS

**\*\*RECOMMENDED\*\***



Invisalign/Vivera retainers are removable retainers made out of clear plastic. They can be used in both the upper and lower arches. On average, these retainers last 1-2 years before needing replacement if well cared for.

#### PROS:

- Clear and nearly invisible to others
- Comfortable
- Easy to clean
- No restrictions on biting into foods (taken out to eat)
- Very effective ***if worn as instructed***
- Protects the teeth from mild grinding habits
- Can order multiple sets

#### CONS:

- Removable appliance requires patient cooperation and consistent wear as directed by the doctor
- If tooth moves, it is difficult to move the tooth back into position
- Replacement fee when broken or lost

### HAWLEY RETAINERS



Hawley retainers are removable retainers that are very durable. They are made of stainless steel wires and acrylic. On average, these retainers last 3-5 years before needing replacement if well cared for.

#### PROS:

- Most durable of the 3 types
- Easy to clean
- Last longer, on average, than plastic retainers
- Effective if worn as instructed
- Allow teeth to “settle” improving the way teeth fit together over time
- Can be adjusted

#### CONS:

- Removable appliance requires patient cooperation and consistent wear as directed by the doctor
- Affects speech due to palatal coverage
- Visible to others due to stainless steel wires across front teeth
- Needs to be made in a lab (takes approx. 2 weeks)
- Less comfortable than other types of retainers
- Replacement fee when broken or lost