

Retention Protocol

Congratulations on finishing orthodontic treatment. You have spent much time and effort in creating a beautiful smile and will need excellent retainer wear to maintain your straight teeth. Keep in mind that teeth will shift slightly regardless of how well you wear your retainers, including permanent bonded retainers. Our goal is to minimize the shifting with your help.

We will provide free exams for the next four visits to evaluate the position of your teeth, changes in your jaw growth and make any necessary adjustments to the retainer. The visits will normally be scheduled as follows:

- 1.) * Appointment 1 six (6) week retainer check
- 2.) * Appointment 2 three (3) month retainer check
- 3.) * Appointment 3 six (6) month retainer check
- 4.) * Appointment 4 six (6) month retention records- Photos, discussion 3rd molars, and discuss continued retainer wear

Potential additional appointments and charges may include:

- * 3rd molar evaluation with panoramic x-ray \$100.00 Fee subject to Change
- * Additional retainer checks after \$ 30.00 Fee subject to Change above 4 visits completed
- * Replacement retainers range from \$75.00 - \$400.00 Fee subject to Change

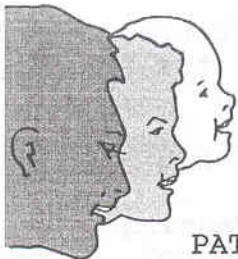
At some time during the retainer wear, we offer an evaluation of the third molars. We may require additional x-rays provided by us or your dentist at an additional fee.

Approximately 2 years after appliance removal, when your retention records are complete, we will no longer contact the patient for additional appointments. However patients are welcome and encouraged to have additional retainer check-ups at their convenience with a nominal fee. Please contact our office and we will schedule additional retention visits.

Teeth have a tendency to move throughout our lives even after growth is done. We recommend life time retainer wear even if it is only 1 or 2 nights a week.

Any questions should be directed to the doctor or staff. Good luck and let's keep those teeth straight!

Signature _____ Date _____



ADULT,
ADOLESCENT &
CHILD ORTHODONTICS

JOHN LISAC, D.D.S.

KENT HILL, D.M.D., M.S.

PATIENT: _____

DATE _____



We are pleased to report that, with good cooperation and expected movement, the braces will be removed at the next appointment. After the braces are removed, impressions will be taken to make a retention appliance to wear during the next phase of orthodontic treatment, which is called the retention period. The purposes of retention are:

1. to guide the "settling in" of the bite;
2. to hold the teeth in their new positions while the bone fills in around the roots of the teeth;
3. to hold the teeth in their new positions while the muscles of the tongue, cheeks, and lips learn to function in harmony with the new positions of the teeth;
4. to prevent any changes in the new positions of the teeth during any remaining growth of the jaws;
5. to maintain the positions of the teeth until the wisdom teeth (third molars) have erupted into the mouth or have been removed. The time required for the retention period is at least two (2) years. In a growing individual, retention is usually continued until growth is completed and a decision has been made about the wisdom teeth. Cooperation is of the utmost importance. Poor cooperation may extend the retention phase or lead to the need for retreatment (for which there will be a charge).

THE TYPE OF RETAINER YOU WILL WEAR IS YOUR CHOICE. WE REALIZE THE RETAINER WE RECOMMEND MAY NOT BE ABLE TO BE WORN BY YOU FOR INDIVIDUAL AND PERSONAL REASONS. HOWEVER THE DOCTOR HAS RECOMMENDED A RETENTION APPLIANCE, THAT IF WORN CORRECTLY, WILL BE BEST FOR HOLDING YOUR BITE CORRECTION.

TYPES OF RETENTION APPLIANCES

1. TOOTH POSITIONER

The tooth positioner is a flexible synthetic rubber appliance which looks like an athlete's mouthguard. The upper and lower teeth fit into the positioner together. It is to be worn four waking hours per day plus when sleeping. The four waking hours do not have to be continuous.

A. Advantages of The Positioner:

1. It is the only retention appliance capable of maintaining the bite correction (the relationship of the top to bottom teeth).
2. It can actually improve the positions of the teeth after the braces are removed and harmonize the teeth with the jaw joint.



Member American
Association of
Orthodontists

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3. It is very hygienic because it is only worn part time.
4. It allows for the most natural "settling in" of the teeth as it does not rigidly lock the teeth into position.
5. Because it is worn part time, most people will not be aware the patient is using a retainer.
6. If in the future the teeth do shift slightly, wearing the positioner can bring the teeth back to position because it is a flexible appliance.
7. It is relatively durable for long periods of use.

B. Disadvantages of The Positioner:

1. It is difficult to wear if the patient cannot breathe through the nose. Habitual mouth breathers or those with frequent colds or allergies may find it difficult to wear the positioner while sleeping but wearing it an additional hour during the day will compensate for this.
2. It is difficult to speak with the positioner in place.
3. If lost, it is expensive to replace.
4. The patient must be willing and able to find four waking hours to wear it.

2. HAWLEY RETAINER (Plastic and wire)

The Hawley retainer is the type of retainer that most people think of when the term "retainer" is used. It is made of plastic with clasp wires and a wire which comes visibly in front of the teeth. It is worn 24 hours every day until the orthodontist suggests reducing the wearing time.

A. Advantages of The Hawley Retainer:

1. It holds the alignment of the teeth securely as long as it is worn.
2. It is easy to remember to use it since it is worn full time.
3. It generally does not interfere with speech

B. Disadvantages of The Hawley Retainer:

1. It may not maintain the bite correction
2. It may not improve the positions of the teeth after the braces are removed.
3. The wires which cross the teeth can interfere with the bite and cause unfavorable changes in the bite or cause spaces to open due to biting on the wires.
4. It is visible.
5. Some patients experience some speech difficulties, although for most this is only temporary.
6. If in the future the teeth do shift slightly, the retainer may not fit and may not be able to bring the teeth back to position because it is a rigid appliance.
7. It is moderately expensive to replace.

3. TRU-TAIN RETAINER (clear plastic overlay)

The Tru-Tain retainer is a thin plastic shell which fits over the teeth. Because of the clarity, they are almost invisible. It is worn 24 hours every day until the orthodontist suggests reducing the wearing time.

A. Advantages of The Tru-Tain Retainer:

1. It holds the alignment of the teeth securely as long as it is worn
2. It is easy to remember to use it since it is worn full time.
3. It generally does not interfere with speech.
4. It is barely visible.

B. Disadvantages of The Tru-Tain Retainer:

1. It may not maintain the bite correction.
2. It cannot improve the positions of the teeth after the braces are removed.
3. There can be some mild interference with the bite because the back teeth will contact slightly ahead of the front with the retainers in place. This can be helpful with certain types of orthodontic problems but can be a disadvantage with others.
4. It is the least durable of the retaining appliances. Even though it is less expensive to replace, it may have to be replaced more often.
5. If in the future the teeth shift slightly, the retainer may not fit and may not be able to bring the teeth back to position because it is a semi-rigid appliance.

4. BONDED RETAINER (permanent wire)

The bonded retainer is a wire retainer that is bonded behind the teeth to rigidly lock the teeth into position. It is most often used to hold the alignment of the lower front teeth. It is also used to hold space closed between the upper two front teeth in cases where there was a significant space before treatment began. The decision to employ this type of retainer is based on diagnostic factors such as the severity of the original crowding or the increased chance of shifting due to compromises in the treatment plan. It is left in place for a number of years before it is removed. You may have this in addition to a positioner if you feel there might be a question on obtaining the full amount of wearing time required with the positioner.

A. Advantages of The Bonded Retainer:

1. It holds the alignment of the teeth as long as it is securely in place.
2. The patient does not have to remember to use it since it is permanently in place.
3. It generally does not interfere with speech.
4. It does not interfere with the bite.
5. It is relatively durable for long periods of use.

B. Disadvantages of The Bonded Retainer:

1. It cannot actively maintain the bite correction.
2. It cannot improve the positions of the teeth
3. If a bond comes loose, a tooth can move and there is a charge for rebonding.

4. Oral hygiene is more difficult to maintain around the wires because floss must be threaded under the wire. If excellent oral hygiene is not maintained, there is increased risk of periodontal (gum and bone) disease and tooth decay.
5. If the bonding loosens and the teeth do shift slightly, the bonded retainer cannot bring the teeth back to position. Another type of retainer would have to be used or some retreatment may be necessary.
6. It is moderately expensive to replace.

In addition to a retainer, Supracrestal Fiberotomies can aid in the prevention of relapse (rebound) of severely rotated and crowded teeth. Microscopic elastic fibers attach from the root of the teeth to the surrounding bone. When teeth are moved, these fibers are stretched and the elastic force from the fibers can cause the teeth to rotate or move back toward their original position during retention. A Fiberotomy is a surgical procedure which cuts the elastic fibers to help reduce this relapse tendency. The doctors have indicated the teeth they recommend for Fiberotomies. The procedure is optional and can be rendered by your dentist or a periodontist.

We have described the most commonly used retention appliances so that you will have a better understanding of them and their advantages and disadvantages. We have indicated, with a check mark, the retaining appliances we recommend for this case. If you do not want the indicated type of retention to be used, you must let us know before the scheduled appointment for the removal of the braces. If you do not inform us of your wishes before the appointment, it may be necessary to reschedule the appointment. If after wearing an agreed upon retention appliance the patient decides he or she wants another type of retention, there will be a charge made for the new retainer. As specified in your contract, the treatment fee includes one set of retention appliances.

Please acknowledge that you have read and understood the descriptions of the retention appliances by signing below and returning this paper to the office on or before the appointment to remove the braces.

Dr's Recommendation 1. 2. 3. 4. Fiberotomies _____

Please initial

Patient's/Parent's choice 1. 2. 3. 4. Fiberotomies Yes No

PLEASE CALL WITHIN ONE WEEK IF YOUR CHOICE IS OTHER THEN THE DR'S

(Patient Signature)

(Date)

(Parent/Guardian Signature)

(Date)

(Parent/Guardian Signature)

(Date)

(WHEN COMPLETED, PLEASE RETURN BOTH (2) PAGES!)