

# Retainer Option Guide

Retainers are worn to minimize tooth movement. Read about these types of retainers to pick what's best for you. One set (1 top and 1 bottom) is included with comprehensive treatment.

## Clear Retainers\*

Made of a clear plastic that covers the teeth entirely

### PROS

- Almost invisible
- Covers the biting surfaces protecting them from grinding
- Comfortable

### CONS

- Crack or wear down faster (and need to be replaced)\*
- Teeth do not directly touch when biting down



## Acrylic Retainers

Made of acrylic and stainless steel wires that go across the front and sides of your teeth

### PROS

- Usually lasts a long time
- Adjustable
- Easy to clean
- Fun colors/designs
- Commonly used when baby teeth are present

### CONS

- Very noticeable
- Alters speech
- Does not protect your teeth from grinding or clenching (back teeth can touch)
- Can break (replacement or repair fees not included)\*



## Permanent Wire Retainers

Wires 'glued' to the back of 2 or more teeth

### PROS

- Stays on the teeth (not removable)
- Holds front teeth well
- Not easily seen
- Does not alter speech

### CONS

- Harder to floss and keep clean
- Can break off of one or more teeth (needing to be re-attached)\*
- Like all retainers, it will likely need repairing or replacing in the future\*
- Does not prevent movement of back teeth
- Minor tooth movement can still occur



Usually only used for lower teeth

## Vivera Retainers (made by Invisalign)

Thick clear retainers (hybrid between a clear retainer and a night guard)

### PROS

- Almost invisible
- Durable/long-lasting
- Protects from grinding
- Comfortable

### CONS

- Only available in sets of 4 (cannot be purchased individually)
- Thicker than clear retainers



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by Dr. Jen Crowe

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