



What are dental retainers ? What are they for?

FOR DR. ROZE BIOHEALTH CLINICS | MONDAY August 01, 2022

BIODENTAL

A retainer is an appliance used after orthodontic treatment to protect the results of the intervention. There are several different styles of retainers, but each is used to “retain” the treatment benefits and to prevent teeth from shifting out of alignment.

A retainer is considered one of the most important parts of your treatment since it keeps your smile in place and your teeth healthy. Whatever retainer treatment your orthodontist recommends, be sure to follow the instructions properly to protect the investment you've made in your smile with orthodontic treatment!

1/- Permanent Retainers

A permanent retainer is not really "permanent" – rather, it is bonded (glued) to your teeth on the backside (where your tongue touches them) and connects the front teeth so they won't move. It can be installed or removed by your orthodontist.

Generally, the permanent retainer is a thin wire bonded to the back of your top and/or bottom teeth (depending on the specifics of your treatment). For this reason, another name for a permanent retainer is lingual wire. The wire is hidden from view on the back of your teeth, so the permanent retainer protects the results of your orthodontic treatment without any interruption to your new smile.

A permanent retainer is not permanent; it can be removed whenever necessary. People frequently wear a permanent retainer for many years without any inconvenience to their smile, health, or comfort.

2/- Hawley Retainers

A Hawley retainer is the original retainer: a combination of a plastic plate molded to the roof or basin of your mouth, connected to a wire that runs across your teeth. The custom fit of the Hawley retainer keeps your teeth in place orthodontic care is complete. A Hawley retainer is easy to use, comfortable to wear, and extremely effective at protecting the results of your smile, as long as it is used as directed.

3/- Plastic Retainer

A plastic retainer is a clear retainer molded to fit snugly over your teeth to protect the results of your orthodontic treatment.

plastic retainer may be used after any kind of treatment: metal or ceramic braces or clear aligners can all be followed by plastic retainers. Your orthodontist will custom create the plastic retainers, with a different set for your bottom and top teeth. You will generally wear the retainers at night, or sometimes every other night, for years after your treatment. This will prevent your teeth from shifting.

There are several different kinds of plastic retainers.

a)- Essix Retainers

An Essix retainer is one form of plastic retainer. It consists of a set of top and bottom clear molded plastic aligners, specifically designed to fit snugly over your teeth.

Custom-fitted by your orthodontist, they keep your teeth in place after treatment results have been achieved by orthodontic care, either braces or Invisalign clear aligners. You may be prescribed an Essix retainer by your orthodontist after either form of treatment.

An Essix retainer costs anywhere from \$50 to \$300; although your orthodontist should include the price in your original treatment costs – and last for a few years if properly maintained and cared for. This is one of the least expensive retainers available.

b)-Vivera retainers

An Invisalign Vivera retainer looks like an Essix retainer: it's a set of clear aligner retainers custom created to fit snugly over your top and bottom teeth. but Vivera has an edge over Essix retainers: Vivera retainers are made of a custom-designed material called **SmartTrack**, patented by Invisalign, that lasts longer and performs better than generic Essix retainers.

Vivera retainers are used as part of **Invisalign clear aligner treatment** — once you are finished with Invisalign therapy to achieve the best results for your teeth and bite, the Vivera retainers will help keep those results in place for a healthy, happy smile that lasts. The Vivera retainer is usually a separate cost from the treatment costs.

Vivera retainers cost more than Essix retainers, due to the meticulous lab work involved to create the customized retainers with patented material. However, Vivera retainers are packaged cost-effectively by providing 4 sets (8 retainers total) for consistent, long-term use, so investing in Vivera retainers is a great choice for your smile and your health.

Many orthodontists prefer the fit and effectiveness of Vivera as compared to Essix retainer, and many patients prefer their fit as well.



[Listen to our Podcast on Spotify](#)

[Take our QUIZ](#)

[To learn more about our specialists in Orthodontics](#)