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The 10 secrets to Retention success

1. Knowing when and what to discuss about retention
2. Knowing the facts about retention
3. Most common types of retainers
4. What makes up an ideal retainer(s)
5. Knowing which cases need what types of retainers
6. What role does overcorrection play in retention?
7. How to finish precisely
8. Having a retention program
9. How to deliver retainers
10. Understanding how to monitor

When to discuss retention?

1. At the initial examination
2. At the pre-treatment consultation
When to discuss retention?

3. At the day of delivering the Invisalign® Aligners

What to discuss about retention?

1. The absolute need for retention

2. That you have a simple comprehensive retention program

3. It is a partnership between you and the patient

Show them their initial photos and also show before and after photos of your other patients that are in retention
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What do we know works?

1. Having upper and lower fitting and functioning in harmony (very good occlusion)

2. Allowing the soft and hard tissues to re-organize for 7 months post tooth movement

Full time STABILIZATION for 7 MONTHS

3. Uprighting and centering the crowns and roots in the dento-alveolar base

4. Uprighting and centering the crowns and roots in the dento-alveolar base

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The five candidates

- Bonded anterior wire
- Invisalign retainer
- Invisalign retainer + bonded anterior wire
- Spring retainer
- Lower Hawley

What makes up an ideal retainer?

1. Esthetic
2. Keeps all of the teeth in position
3. Easy to keep everything clean
What makes up an ideal retainer?

4. Lasts for a long time

5. Allows for continued tooth movement (finishing)

6. Allows for recapturing of any slight changes in tooth position

7. Places the responsibility of retention into the patients hands

8. Minimal adjustments needed

9. Can be made without seeing the patient
What makes up an ideal retainer?

Has a program built around it

The score out of 10?
1. Hawley = 2
2. Spring Aligner = 4
3. bonded anterior wire = 3
4. Invisalign retainer = 9
5. Invisalign retainer + bonded anterior wire= 3

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10. Understanding how to monitor...
which tooth movements...which retainers?

4. **Relative intrusion (incisors)**

5. **Pure intrusion (incisors)**

6. **Pure extrusion (incisors)**

7. **Relative extrusion (incisors)**

8. **Translation (bodily movement)**
which tooth movements...which retainers?

8. **Anterior rotations** (cuspids and incisors)

what role does overcorrection play in retention?

1. **Anterior/Posterior (Class II)**

which tooth movements...which retainers?

9. **Posterior rotations** (bicuspids and molars)

what role does overcorrection play in retention?

2. **Transverse (Over expansion)**

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8. **Vertical (open the bite)**

What role does overcorrection play in retention?
What role does overcorrection play in retention?

4. Vertical (close the bite)

5. Roots (bicuspids bodily)

6. Roots (maxillary lateral bodily)

7. Roots (lower incisors bodily)

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How to finish precisely?

1. If you begin with a good functional occlusion keep it that way. You want your ClinCheck treatment plan initial and final stages to look like the photos … “socked in”

2. Monitor the occlusal contacts from beginning to end

Monitor occlusal contacts with articulating paper

Monitor occlusal contacts with articulating paper

Monitor occlusal contacts with articulating paper
How to finish precisely?

1. Do not give in easy... use a case refinement or 2 if needed

2. Plan easy predictable movements if possible from the beginning

3. Anticipate and plan any auxiliary techniques from the beginning... do not wait until the end

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8. Having a retention program

a) You have most of the control

b) Patient has most of the control
Decide on your retention philosophy … keep it consistent
Philosophical options:
c) Combination (patient + Dr.) share the control

Communicate that philosophy to your staff and patients (no exceptions)

Have a post orthodontic treatment retention letter

Dear NAME,
Today we officially completed your Invisalign orthodontic treatment. I have moved your teeth into their most ideal position, equilibrated your bite, whitened your teeth and fabricated retainers for you to wear. It is important that you monitor your teeth because they move throughout life. The best way to do this is through wearing your retainers on a regular basis.
The one guarantee I can offer is that if you do not wear your retainers, your teeth will move. Your specific instructions going forward are: Wear your retainers full time for the next eight months and then we will discuss reducing the frequency at your next visit.
I have included before and after pictures for your enjoyment. Wow, what a difference!
My team and I want to thank you for being such a wonderful patient. Please feel free to share the enclosed Invisalign literature with your friends.
Enjoy your new smile!
XXXX, DDS and Team

Obtain post treatment records … at least photos for comparison, presentation and marketing

Establish a wear protocol
Taking into account that the soft and hard tissues need to re-organize for 7 months after any orthodontic movement

Retention protocol for removable retainers
- First year: Full time
- Second year: 4 hours before and during sleeping
- Third year: during sleeping
- 2x per week … during sleeping … forever
Retention protocol for fixed retainers

- Monitor and clean professionally 3x per year
- Leave in place for at least 10 years.
- Remove after 10 years, replace it with a removable retainer and monitor tooth changes, if any then place another fixed retainer indefinitely

Retention protocol for a Combination fixed/removable retainer

Follow the before mentioned protocol for the fixed retainer
For the removable:
- First year: Night time
- Second year: every second night
- Third year: 1 night per week and continue this forever

Retainers can be made in house or from a commercial lab.
Your choice is usually based upon the following:
1. Having the latest equipment
2. Personnel that can fabricate the retainers accurately
3. Personnel that have the expertise to deliver them

Most Drs. find commercial labs to be the best option

Regardless of your choice there a some very important criteria that will make the difference in fit and tooth stability

1. Capturing the tooth anatomy
2. Type and make of retainer
3. Consistency from one retainer to the next throughout the patient retainer wear history

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The majority of retainers in the past and today are made from alginate impressions

Alginates impressions are adequate for preliminary records where accuracy isn’t critical but not for precise retainers
However, times are changing … Drs. that want very accurate retainers use PVS impression materials or intra-oral scanners.

The type and make can make a big difference.

The technique you use for fixed retainers

A) Direct method … done in the office

B) Indirect method … done at the lab

Vivera™ can be made from the last stage of treatment

New impressions are optional.

Vivera™ allows for consistency from one retainer to the next by having a record of the patient in the system.
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Following the inter-occlusal contact marks
Long term Vivera retainer case

Understanding how to monitor

1. Information from the wear schedule
2. What to reinforce with the patient
3. Communicating with e-r-visit
4. Setting up a lifetime plan

Important Information from the wear schedule
What questions do you ask the patient?
• First year: Full time
  Can you please tell me when you have the retainers out of your mouth?
• Second year: 4 hours before and during sleeping hours
  What do the retainers feel like when you wear them those few hours before going to sleep?
• Third year: during sleeping
  Are there any teeth that feel sore in the morning?
• 2x per week forever
  Can you get your retainers to seat all the way?
Occlusion settled during night time Vivera

**Initial**

**Final**

**After retention**

**e-r-visit**
A retention monitoring program by which the patient would send their Dr. intra-oral photos from a mobile device for the Dr. to evaluate tooth stability

You would have the patient answer the same questions as you did during the retention monitoring phase

**Setting up a lifetime plan**
1. Patient will call you when they get to their last retainer
2. They will make an appointment or send you e-r-visit photos and remarks
3. You will order another set of Vivera™ retainers
4. You will ship them to the patient with an instructional brochure and follow up email.

**THANK YOU!**
+ ThinkStraight
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