



TWIGGE ORTHODONTICS

RETENTION AND RELAPSE

Dear valued client

It is part of our responsibility to educate patients and their parents on certain topics which are directly related to your orthodontics treatment and decision making. **One of these topics is retention.**

Retention is the phase of treatment after your braces/aligner treatment, that aims to help keep your teeth straight and to prevent relapse. [It is likely the most important phase of your orthodontic journey.](#)

Your face will look different in five or ten years from now and these facial changes are constant. The facial changes are a result of changing interactions between function, soft-tissues and hard-tissues. The same applies to teeth. We know that orthodontic relapse is due to soft-tissue, functional, skeletal and dental factors. Without retention, some patients may experience very little change to the straightness of their teeth and others may experience significant changes to the straightness of their teeth, which are unacceptable to them. It is unknown to anyone as to how much your teeth will move without retainers. As such, many patients get re-treated in their twenties and thirties due to poor retention.

Upon completion of your orthodontic treatment, your braces will be removed, and your teeth will be cleaned and polished. Although the active orthodontic phase of your treatment is complete, your orthodontic management it is far from over. You now enter the retention phase which is easy, long-term and require self-discipline. Essentially, the orthodontist can get teeth straight, but it is patient's responsibility to keep the teeth straight.

At TWIGGE ORTHODONTICS we issue you with a set of clear retainers at the end of your treatment as a standard protocol. This is included in the cost estimation and part of your comprehensive orthodontic treatment. We will review your retention and retainers for a two-year period following your braces/aligners. Routinely, we will review your retention/retainers at 2 months, 5 months, 12 months, 18 months and 24 months. Retainer checks, repairs and replacements will incur a fee after this two-year period.

The clear retainers are nearly invisible, they fit snug and comfortable and they are easy to wear and care for. They have the additional benefit of being removable which gives you the freedom to enjoy your smile without additional risks. They are usually worn full-time for a few weeks then night-time. The long-term goal is to wear the retainers enough to keep them straight which may require you to wear your retainers 1-2 nights per week.

Some cases/situations require alternative types of retainers. Dr. Twigge will discuss your retention needs with you.

Bonded/fixed wires behind the upper and/or lower front teeth are excellent at keeping teeth straight. However, they **do break**, have **added responsibilities** and they have **additional risks**. At TWIGGE ORTHODONTICS we place bonded wires at an additional cost and with discretion. Why? They are appliances placed by the orthodontist; therefore, they become the orthodontist's responsibility to review and to maintain. We will review your bonded wires for a two-year period following your braces/aligners.

Comprehensive instructions will be given to you when we insert your retainers.

Please do not hesitate to ask questions about retention, relapse or retainers when you discuss your treatment with Dr. Twigge. It would be our pleasure to make your orthodontic journey fun and enjoyable.

Greetings

The TWIGGE ORTHODONTIC Team

ADDRESS

2/1240 North East Road, St
Agnes SA 5097

TELEPHONE

(08) 8395 0000

EMAIL

twiggeorthodontics@gmail.com

WEBSITE

www.twiggeorthodontics.com