

Removable Overlay Retainers

The doctors have prescribed a removable retainer for you at night. Both retainer designs below will hold your teeth in the proper position if worn as prescribed.

Essix Retainers:

Essix retainers are clear plastic retainers that can fit your upper or lower teeth. They cover the tongue side, cheek side, and biting surfaces of your teeth. They are very esthetic. Essix retainers are not as durable as a wraparound retainer and have a few more care instructions. Essix retainers are a great way to protect your teeth if you clench or grind them. They last an average of 2 years and cannot be adjusted.



Wraparound retainer:

A wraparound retainer is an upper retainer with acrylic (plastic) on the roof of your mouth and a wire that touches your teeth on the cheek and lip side. This type of retainer lasts an average of 5 years and can be adjusted. This type of retainer maintains the alignment of the teeth while allowing a small amount of tooth movement called “settling” to occur. Settling actually improves your bite during the first few weeks after your braces are removed. You will be able to choose the color of the plastic part your retainer.

