

ESSIX

RETAINI

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diagnostic

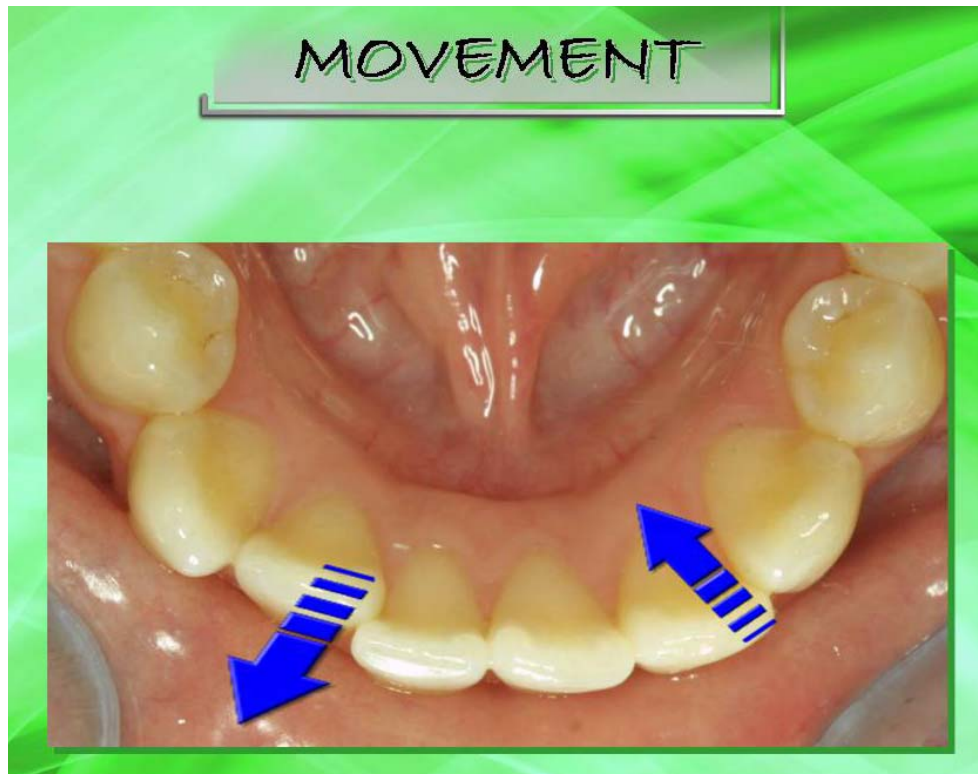
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We take diagnostic photos and mounted models on all cases. This keeps me out of trouble. Some cases look easy but their bite can cause problems if not looked at Before the case is started.

treatment plan

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We decide, along with the patient, where the teeth need to be when we are finished **BEFORE WE START.**

models

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We start with a great impression so we have a very accurate model to make the retainer. Retainers are only as good as the model and the model is only as good as the impression.

models

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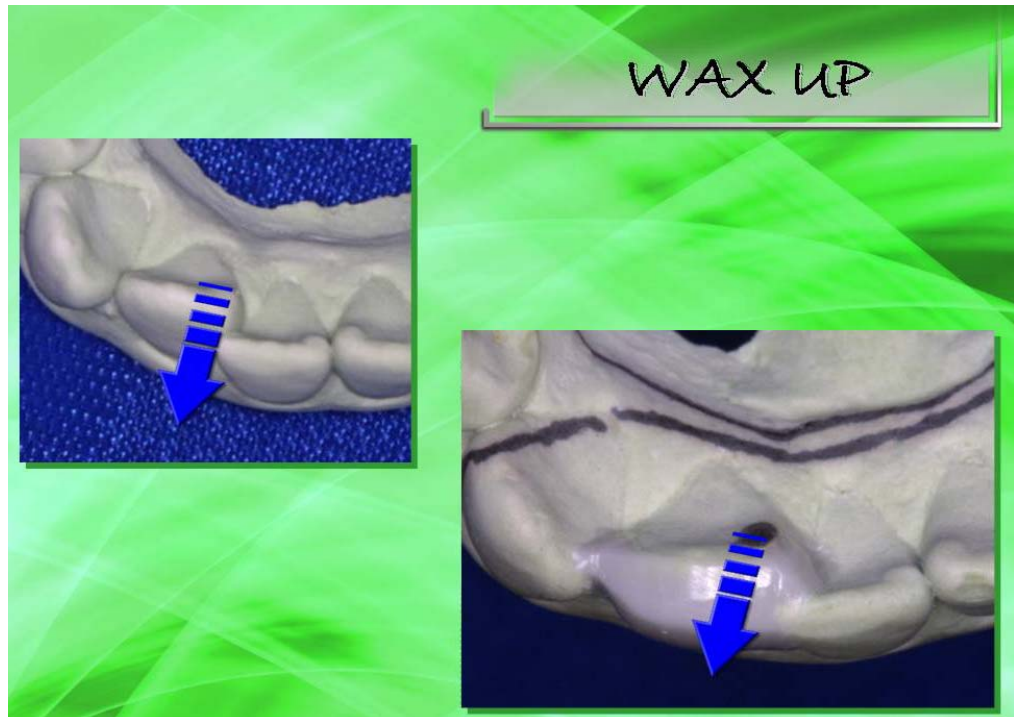


We trim our models two teeth behind the distal aspect of where the retainer will be made and 2-3 mm below the gum line.

retainer fabrication

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Method 1: Block Out



We place wax on the model to create a space in the retainer where the teeth can move into. Wax or composite can be used.

retainer fabrication

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Method 1: Block Out



We use a large round bur to create a divot in the model opposite where the tooth is to be moved. This turns into a bump on the inside of the retainer that moves the tooth.

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Method 1: Block Out



We lubricate the model with silicone spray. This helps to remove the retainer from the model without breaking the teeth.

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Method 1: Block Out

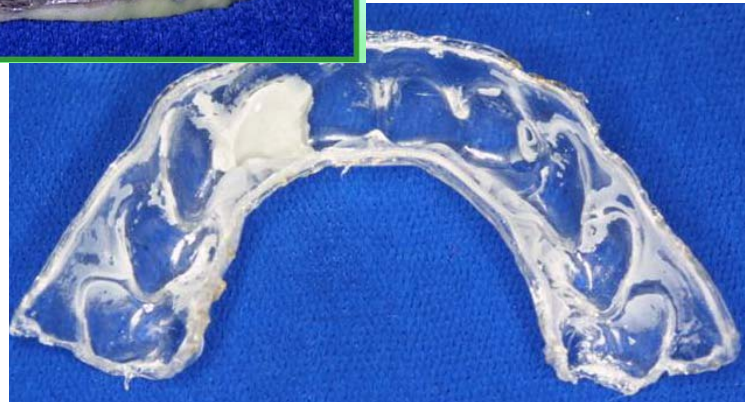


We use ACE Essix plastic sheets to make the retainer. After the retainer is sucked down a refrigerated spray is used to quickly cool the retainer to prevent expansion as it cools.

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Method 1: Block Out



We use a heated trimming tool or diamond disk to trim the retainer on the model and remove it.

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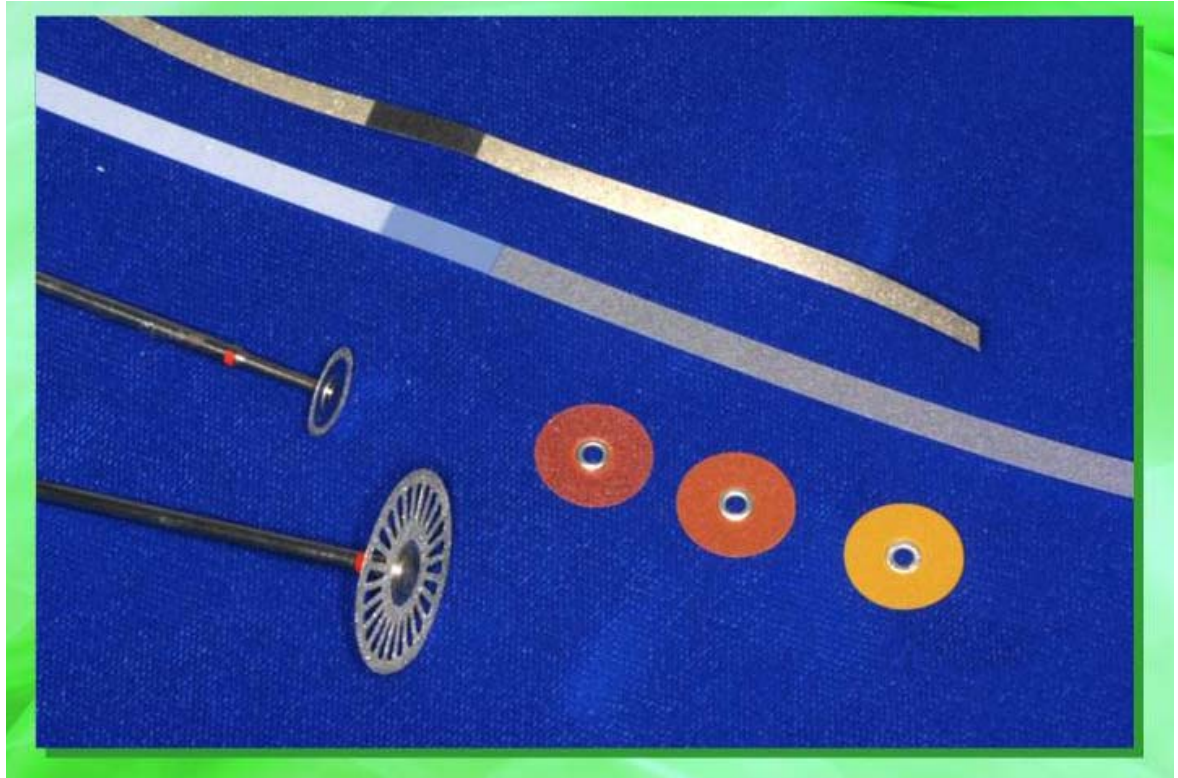
Method 1: Block Out



We trim and polish the edges of the retainer with acrylic burs and felt disk.

creating space

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We make space between the teeth so they may move into position. Burs, disks, strips, etc are used.

creating space

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We make just enough space for the teeth to slip past each other.

wearing the retainer

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We let the patient wear the retainer for ten minutes to make sure it fits tightly and does not pinch or scratch.

wearing the retainer

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In 1-2 weeks the patient returns. More space is created between the teeth. A bump can be made on the tooth with flowable composite or a new retainer can be made.

final retainer

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We make the final retainer to hold the teeth in place with type C Essix retainer plastic..

retainer fabrication

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Method 2: Window & Heated Pliers



We create the models the same way with both methods.

retainer fabrication

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Method 2: Window & Heated Pliers



We start by trimming the back of the retainer with an acrylic bur.

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Method 2: Window & Heated Pliers



We use hand instruments specially made to remove the retainer from the model.

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Method 2: Window & Heated Pliers

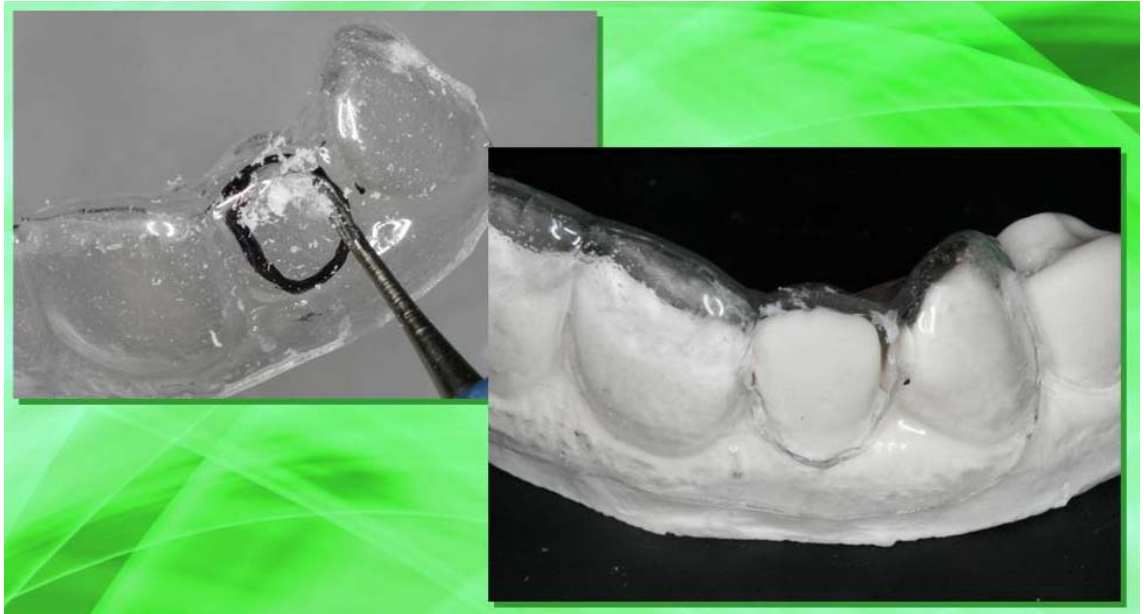


We rim and smooth the edges as in method 1 using burs and disks.

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Method 2: Window & Heated Pliers



We cut out a window to give the teeth room to move.

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Method 2: Window & Heated Pliers



We use specially made pliers to create the bump on the inside of the retainer to move the teeth into the window.

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Method 2: Window & Heated Pliers

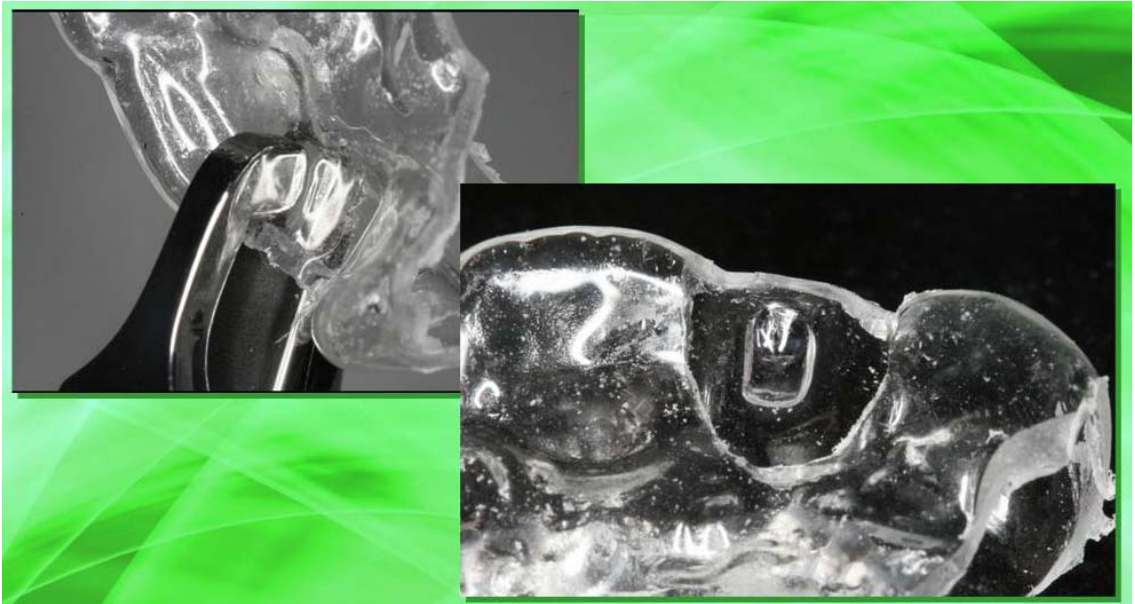


We heat the pliers to a precise temperature so they will melt the retainers to create the bump but not perforate the retainer. The temperature is confirmed with a digital thermometer.

retainer fabrication

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Method 2: Window & Heated Pliers



We use the heated pliers to create the bump in the inside of the retainer.

retainer fabrication

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Method 2: Window & Heated Pliers



We then smooth and polish the edges. Most retainers take us under ten minutes to fabricate.

philosophy

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- DIAGNOSTIC
- SIZE OF SHEET
- MOVEMENT
- DIRECTIONS TO PATIENT

PHILOSOPHY

- DON'T CUT CORNERS
- .04 ACE FOR MOVEMENT
- .03 FOR HOLDING POSITION
- START WITH BUCCAL-LINGUAL

MOVEMENT

- 24/7 EXCEPT TO EAT
- DO NOT BRUSH IT

FINAL RETAINER

- 24/7 FOR 3 WEEKS
- AT NIGHT AT MINIMAL 3 PER WEEK
- REPLACEMENT COST

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retainer fabrication

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• TREATMENT TIME

• AGE OF PATIENT

• FABRICATION

• COST

• MAX OF 3 MONTHS

• ADULTS ONLY

• ASSISTANT

• YOUR COST:
ESSIX \$15

PATIENT COST: \$975 +

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