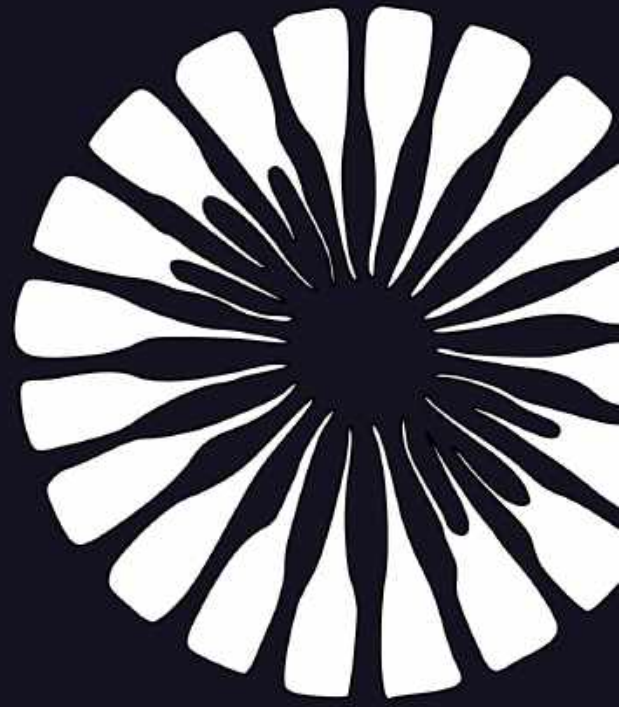


**TEAM
HAWWLEY**



VS



**TEAM
ESSIX**

WHICH RETAINER IS BEST FOR ME?

The doctor may prescribe a certain retainer based on each individual patient's case. If you are a candidate for either retainer type, here are a few things to keep in mind when choosing a retainer. Remember, the best retainer is the one that is worn regularly!

DOC, HOW LONG DO I HAVE TO WEAR A RETAINER?

Typically a removable retainer is worn full time (all day and night, 24/7) except for eating, toothbrushing, and playing some sports for the first 4 months.

After 4 months, if the retainers are worn regularly and no shifting occurs, the doctor may have you wear your retainer just at night.

Regular retainer wear throughout your lifetime while maintaining healthy teeth, gums, and bone will help minimize relapse/shifting as you get older.

Remember, SHIFT HAPPENS! Even with good retainer habits, teeth will still move throughout your life. We like to keep these changes limited to small changes, not major ones!

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PROS:

- May last decades when they are properly cared for
- Doesn't stain as easily when properly cared for
- Customizable
- Easily Removable
- Adjustable

CONS:

- Expensive to replace
- May crack or break with bad habits like biting it into position or clicking it in/out with your tongue.
- This style retainer IS VISIBLE
- Takes a little longer to get used to when speaking
- More difficult to wear if a patient has a strong gag reflex

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PROS:

- Are less visible to the naked eye, shows off your beautiful smile!
- Easily removable
- Easier to get used to when speaking
- Less coverage of the palate and tends to be more comfortable for those with a strong gag reflex

CONS:

- Expensive to replace
- May crack or break with time or bad habits like teeth clenching or grinding
- Can stain over time
- May still have a little lisp when speaking at first
- Very limited adjustability