



ENGINEERING SPECTACULAR SMILES WITH SUPERIOR SERVICE FOR AMAZING PATIENTS[®]

WHY NOT A REMOVABLE RETAINER WITH A BAR?

Dr. Papandreas has recommended a clear retainer which provides the best long-term prognosis for straight healthy teeth for many years to come. You have asked about an older 'bar' style retainer. You will ultimately direct Dr. Papandreas but understand the following prior to directing us as to which you would like.

Removable 'Bar' Style Retainer

Pros

- Lasts longer since it does not cover the tops of teeth, hence it does not wear down as quickly.

Cons

- Does not hold the teeth as straight over time since it does not fully cover each tooth.
- Does not cover the top of the teeth so does not protect against grinding and wear at night.
- Thicker so more difficult to adjust to and effects speech more.
- Higher cost to fabricate, approximately twice the cost of a clear retainer.

Clear Retainer Recommended by Dr. Papandreas

Pros

- Fully covers the teeth so keeps them straighter.
- Can often be custom designed digitally to match your growth and development over the years.
- Fully covers the teeth so protects them against uneven wear over time as you grind and clench at night.
- Thinner so easier to adjust to, more cosmetic, and easier to speak with.
- Approximately half the cost of a 'bar' style retainer so you can replace them twice as frequently over time and be at the same out of pocket expense.

Cons

- Thinner so they require replacement more frequently, like a pair of shoes they wear down over time.

It is true you will wear down the clear retainer faster than the bar style, but better to grind and wear plastic than your teeth. Ultimately the reduced cost yet shorter life span equates to similar costs over time with the bar style retainer.

For more information about this treatment and Papandreas Orthodontics please visit our website.

Papandreas Orthodontics and the American Association of Orthodontists recommends a specialist evaluate all children no later than the age of 7. Although treatment rarely if ever begins at this age the early detection of impending problems will lead to a simpler future solution with proper timing. **Dr. Papandreas provides the initial consultation with records and follow-up observations at no charge.** Do not hesitate pursuing this evaluation regardless of the perception that 'all is ok' as many problems are not easily identifiable except by a certified orthodontic specialist. **No referral is necessary.**