Relapse & the Need for Permanent Fixed Retention

A study done by Douglas Durbin DDS MSD

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Guidelines for the study

2 groups of approx 100 patients each group
1st group: hawley or other type of removable retainer
2nd group: Lower fixed permanent retainer
Minimum 7 years post ortho treatment
( some cases up to 20 years post tr)
All prior treatment done by a trained orthodontist in various parts of the country and included U & L braces
Most had 3rd molars extracted
No other extractions were done post ortho treatment
Approx 50% cases extraction / 50 % Non-Extraction
extractions usually all 1st premolars
Photos collected over a 5 to 7 year period
Note 86% of patients retained w/ removable retainers showed some degree of relapse
Photos & ink jet prints were scanned by me for this presentation
Dr Durbin is an ABO certified orthodontist in private practice in Lexington, Kentucky
2nd Group

- All were treated by Dr Durbin
- Again, Minimum 7 years post Ortho treatment
- Note #’s on the photos have no significance and are not related to the previous group
- Many of these photos were taken with a digital camera, printed with an inkjet printer and then scanned for this presentation
Summary

- Aging and change is going to happen
- We can minimize that change and prevent relapse with fixed permanent retention
- Permanent means permanent.....just as long as the patient wants their teeth to stay straight.