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Retention

There is a natural tendency for the teeth to move following active orthodontic treatment. That is why it is very important to follow Dr. Cullinan's retention recommendations with either removable retainers or fixed, bonded retainers.

There are pros/cons to each category of retainer. The fixed, bonded retainer option involves the placement of a thin wire on the tongue side of the lower and (many times) upper anterior teeth. They do a great job of maintaining the correction achieved through active tooth movement. As long as the patient can keep them clean with effective brushing and flossing, the fixed, bonded retainer is a great option.

The removable retainers are generally aligner-type retainers that work nicely as long as they are worn as directed and not lost. Because they are removable it is easier to brush and floss the teeth.

Limited Treatment

Limited treatment includes minor tooth movement and movement secondary to orthodontic relapse. Typically, we can use a limited number of aligners to correctly position the teeth. This is followed by either fixed or removable aligner-type retainers that are fabricated in our on-site laboratory.

Retention Treatment

Retention treatment is designed to help maintain the alignment of the teeth following active orthodontic treatment. New, clear, state-of-the-art aligners can be worn in many cases to address minor tooth movement without the use of braces.

