

# Retention at Horner Barrow Orthodontics

At Horner Barrow Orthodontics, we are always excited for our patients to finish orthodontic treatment and have their braces removed. To keep that new smile looking the best, we use a combination of fixed and removable retainers to stabilize the correction and prevent changes to the alignment and fit of the teeth.

We use retainer wires bonded to the inside surface of the upper front four teeth and the lower front six teeth. This is an ideal way to prevent the teeth from shifting, as they are permanently attached to the lingual surface of the teeth. Patients with fixed retainer wires need to be careful when biting as the bonding material may break off and the wire could come loose, causing the teeth to shift.



Fixed retainer wires  
Upper Lower



We recommend keeping the fixed retainers in for at least 5 years. If patients are having no problems cleaning around the fixed retainer wires, they may choose to keep them in place for longer.

Along with a fixed retainer wire for the upper front teeth, we also have our patients wear a removable clear retainer. The clear retainer covers the upper teeth entirely and it is lightweight, very comfortable and virtually invisible. It is worn 24 hours per day for the first 9 months following removal of the braces, and then at night time for several years. A removable clear retainer is not necessary for the lower teeth.



Removable clear retainer