

Retainer Types

1. The **fixed retainer** (gold braid or multi flex stainless steel or glass fiber) is stuck to the inner surface of the front teeth and cannot be seen. If it breaks or comes detached it will need urgent replacement. Good cleaning and occasional maintenance is essential.
2. Removable retainers called “Essix” (1) “**see through**” clear type, though attractive, they are fairly weak, harbour bacteria and do not offer a long term answer. They will need replacing from time to time. (2) Acrylic and stainless steel commonly called “**Hawleys**” are stronger than the clear retainers but are fairly bulky and will require replacing from time to time. They will also harbour bacteria and deteriorate with time.
3. **Cast Chrome cobalt** – a relatively new retainer type which are long lasting, robust, easy to clean but more expensive to make than the other retainers.

