

The clear aligners are a customized orthodontic device intended for teeth straightening for a particular patient



# K CLEAR

Retention

 PROUDLY  
MADE IN GERMANY

 **K LINE  
EUROPE**

## WHAT IS RETENTION?

Retention is a constituent component of K Clear treatment and plays a crucial role in this. After completion of the treatment it stabilizes the teeth permanently in their desired position. It is a measure that is essential for the long-lasting success of the treatment.

## WHY IS RETENTION IMPORTANT?

If retention is avoided, the treatment result may change again after the therapy has ended, leading to so-called relapse. Immediately after treatment, the structures of the periodontium need time to regenerate and are initially unstable in the new position. The late growth of the jaw, which occurs beyond adolescence, or the breakthrough of wisdom teeth can also have a negative impact on the results achieved. The retainer prevents the teeth from moving back to their original position in these phases.

## WHAT ARE THE TYPES OF RETENTION?

There are two types of retention that can be used. In addition to the removable retainer there is the permanent lingual retainer. The permanent lingual retainer is fixed, and the duration will differ from case to case.

A removable retainer is part of our treatment and is provided for each case. On request, the permanent lingual retainer can also be obtained from us.

## REMOVABLE RETAINER



The removable retainer is made from the material of our K Clear Aligners and has a thickness of one millimeter.

The lifespan of the retainer depends on proper care. It should be cleaned and disinfected with cleaning tablets. When not in use, the patient should store it in the aligner box.

### Wearing time of the removable retainer

1. - 6. month	6. - 9. month	9. - 12. month	12. - 36. month
18 - 21 hours/day	8 - 12 hours/night	3 nights/week	1 night/week

## PERMANENT LINGUAL RETAINER

The permanent lingual retainer is attached at the back of the anterior teeth and is particularly beneficial for maintaining stability over a long period of time. From the outside, the permanent retainer is not visible. It is made of a medical metal wire or aesthetic fiberglass. After a short adaptation phase the permanent retainer does not disturb the patient while eating or talking.



Unlike the removable retainer, a permanent lingual retainer requires no active participation by the patient.

It is firmly connected with the teeth and can be neither forgotten nor lost.