

Simplifying Retaining and Debanding Procedures

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For fifteen years I struggled on debanding days to fabricate and place retainers for youngsters the same day, especially for distant out-of-town patients since there is no orthodontic laboratory in my area.

Today, I find that all this work and confusion has been wasted effort. My retainers are now ready and waiting for me the day I remove the bands. The technique is simple and easy.

TECHNIQUE FOR MAKING PREFABRICATED-IMMEDIATE RETAINERS

1. Take the retainer impressions at the last appointment *prior* to debanding.
2. Pour the models as usual in stone. These can serve as progress models for the final check of treatment rendered, as well as for retainer processing.
3. Trim the six anterior brackets off the retainer models, including the thickness of band material.
4. Adapt the wire work to these stone models and process the retainers in the customary manner.

ADVANTAGES OF PREFABRICATED-IMMEDIATE RETAINERS

1. Whether the orthodontist uses a commercial laboratory or makes his own retainers, two or three weeks can be conveniently allowed for retainer processing.
2. Delays in transit or busy laboratories

are of no consequence to the prefabricated-immediate technique.

3. There is no time lapse between debanding and retainer placement which obviates any possibility of drifting teeth.
4. Patients who come great distances do not need to return the next day for retainer fitting.
5. Pressures of debanding and placing retainers the same day are entirely eliminated.
6. Retainer fabrication can be worked into a more convenient laboratory schedule.
7. Multiple debands can also be done the same day with ease.

Nothing is sacrificed in the accuracy or fit of retainers made by this procedure. The thickness of band material on the lingual surfaces of the teeth results in a slight amount of space in the finished retainer in this area, which is an advantage. It eliminates most of the acrylic trimming.

As I look back over these years of pressing debanding days, it is hard to believe that all this unnecessary rushing could have been avoided simply by taking the impressions before the bands were removed from the teeth. These days have now become a pleasure instead of a hardship as the result of having adopted this change in procedure.

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