



TECHNICAL GUIDE

Crystaliner™ ACTIVE Retainer



Description:

The Crystaliner™ Active Retainer is a clear, 'invisible' appliance used to correct minor tooth rotations. It is fabricated by forming a heated sheet of specially made hard clear plastic over a model of the patient's maxillary and/or mandibular arch that has had the teeth cut out and reset. There are limitations to the amount and number of teeth that can be reset with one appliance, therefore, most cases will require multiple retainers to achieve an 'ideal' reset.

Our guidelines for resetting teeth are not to exceed 1 mm of movement per tooth when 1 or 2 teeth are being reset, or, ½ mm per tooth when 3 to 4 teeth are being reset. More movement than that will result in a poorly fitting appliance that the patient is not likely to wear.

We can make one retainer at a time or we can make a set of up to three retainers at one time that are labeled for the sequence of wear. Unless there is excess space within the arch, slenderizing is performed in conjunction with this type of appliance therapy. Without slenderizing the teeth will not be able to move into their new positions.

Indications for the use of the Crystaliner™ Active Retainer:

Minor to moderate anterior tooth rotations, torque discrepancies or dental spacing.
Minor rotations or torque discrepancies of the cuspids or bicuspid.

Contraindications for the use of the Crystaliner™ Active Retainer:

To correct tipped teeth.
To correct crowding, crossbites or to develop the arches.
Severe bruxer.

Alternate Appliances:

Spring Hawley retainer.
Super Spring retainer.
Tooth Positioner.
Crozat retainer.
Retainer with springs.

Clinical Procedures:

1. Complete both maxillary and mandibular alginate impressions. Obtain a wax bite at normal bite relation.
2. Pour models with lab stone.
3. Send case to lab with a completed **Orthodontic Technologies** laboratory prescription form. Indicate which teeth are to be reset and where and how much slenderizing will be done. Indicate whether to make a single tray or multiple trays.

Delivery Suggestions:

Accomplish slenderizing of dentition as indicated, then, have the patient insert the retainers in the mouth. If the Crystaliner™ appliances do not seat initially have the patient bite down on cotton rolls for 5 to 10 minutes. The retainer will feel 'tight' to the patient due to the fact that the retainer has been made on a reset model. When the retainer becomes passive, usually in 2 to 3 weeks, then it is time to begin wearing the second retainer.

Patient Instructions:

The appliance should be worn 23 hours a day for maximum tooth movement. When taken out for cleaning simply brush with toothpaste and rinse with cool water. Also, instruct the patient to check the tightness of contacts between teeth when flossing. If a contact becomes excessively tight they should call for an appointment so that more slenderizing can be done.

Length of treatment time and results expected:

When worn as instructed each retainer will usually be worn for 2 to 3 weeks.

Holding Phase:

At the end of the treatment, when no more retainers are to be made, the final retainer can be worn as a nighttime retainer. The material the retainers are made of should be serviceable for 18 to 24 months with proper care. At that time a new retainer would need to be made.

Stabilization of teeth and bone following removal of the appliance:

The occlusion is not allowed to functionally stabilize when wearing this appliance. The most desirable long-term option may be to have a traditional Hawley type retainer made to wear at night.