



TECHNICAL GUIDE

Spring Retainer



Description:

This appliance is versatile and predictable. It is used to align the maxillary or mandibular anterior teeth without fixed appliances. The anterior teeth are reset on the models and the Spring Retainer is constructed to fit this new alignment. Some interproximal slenderizing is usually needed and the amount will be indicated on a guide sent from the laboratory. The anterior lingual section of this appliance utilizes acrylic along a flexible segment of wire to exert gentle forces on the misaligned anterior teeth. A labial bow covered with clear acrylic rests against the facial surfaces of the anterior teeth exerting a gentle opposing force. The teeth are rapidly aligned between the labial bow and the lingual springs. The retention of this appliance is usually achieved by placing positive interproximal clasps, such as an adams and ball clasp on each side.

Indications for use of Spring Retainer:

- Moderate alignment of the anterior teeth.
- Retention.

Contraindications for use of Spring Retainer:

- Poor patient compliance.
- Severe crowding of the Mx or Mn anterior teeth pretreatment.
- When full intercuspation is necessary while wearing retention appliances.
- Desired movement of teeth cannot be accomplished due to interferences with the opposing arch.

Alternate Appliances:

- Tooth Positioner.
- Hawley appliance with springs.
- 4X4 Crozat retainer.

Clinical Procedures:

1. Complete maxillary and mandibular alginate impressions. Obtain a Wax Bite at normal biting relationship.
2. Pour models with lab stone.
3. Complete **Orthodontic Technologies** laboratory prescription form, indicating the centrals and laterals you wish to be repositioned.
4. The appliance is delivered and adjusted for best fit.
5. Instructions are given to patient on wear and care.

Adjustment suggestions:

Some of the common adjustments to the Spring Retainer are:

1. Use the springs to guide the incisors and cuspids into the acrylic receptacles covering the labial bow.
2. The cuspid loops may need to be opened slightly to allow initial seating of the appliance. As the teeth begin to move the loops may be retightened to complete the desired movement.
3. Create proper torque of the incisors by adjusting the labial bow.

Length of time of wear:

Most orthodontic practitioners ask their patients to wear their Spring Retainer full time, day and night, for the first two to three months. Then it is worn only at night for retention.

Hard tissue and soft tissue responses to the Spring Retainer:

There may be some reddening of the gingival tissues while wearing the Spring Retainer, requiring that the dentist trim or smooth small areas of the appliance that is injuring the tissues slightly.

Stabilization of the teeth and bone:

The Spring Retainer is used as the final appliance in the retention phase, it does its task well when worn properly.