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Retainer after orthodontic treatment

Peranti retensi pasca perawatan ortodonti

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Abstract

Backgrounds: After orthodontic treatment has finished, treatment result must be maintained in order to prevent relapse. Retainers must be worn to avoid the tendency of going back to the previous condition. **Purpose:** This literature study was aimed to preview several retainers that can be chosen, such as fixed retainer, removable acrylic based retainers, and vacuum formed retainers. **Reviews:** Fixed retainers are frequently recommended for the lower jaw and after correction of rotated teeth. Removable acrylic based retainers such as Hawley retainer with many modifications are still widely used because of its simple and has several advantages, although vacuum formed retainer are also being chosen to replaced them because of esthetic factor. **Conclusion:** Every retainer has its own advantages and disadvantages. It depends on the favour and supporting by the experienced of the operator, type of malocclusion that has been treated. Fixed retainer, removable acrylic based retainers, and vacuum formed retainers can be chosen to prevent relapse after orthodontic treatment.

Keyword : retainer, orthodontic, acrylic, retainers, fixed, retainers, ,

Abstrak

Latar belakang: Setelah perawatan ortodonti selesai, hasil perawatan perlu dipertahankan agar tidak relaps. Pemakaian peranti retensi diperlukan untuk mencegah hasil perawatan kembali ke posisi semula. **Tujuan:** Studi literatur ini bertujuan untuk mengulas beberapa macam peranti retensi yang bisa dipilih yaitu peranti retensi cekat, peranti retensi berbasis akrilik dan peranti retensi vacuum formed. **Tinjauan pustaka:** Peranti retensi cekat sering menjadi pilihan terutama di rahang bawah dan rotasi multipel. Peranti retensi berbasis akrilik masih sering dipilih karena sederhana dan berbagai keuntungannya, meskipun peranti retensi vacuum formed lebih banyak menggantikannya karena faktor estetik. **Kesimpulan:** Masing-masing peranti retensi mempunyai kelebihan dan kekurangan. Pemilihan sangat tergantung pada selera dan ditunjang dengan pengalaman operator, serta macam kasus yang dihadapi. Baik peranti retensi cekat, berbahan dasar akrilik dengan desain tertentu dan clear retainer dapat menjadi pilihan untuk mencegah relaps setelah perawatan ortodonti..

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