

Phase 1 Retainers

The doctor has recommended an intervention phase of treatment (known as Phase 1) which includes wearing retainers at the end of active treatment. Here is a review of what the appliance is for and how it is used. Further instruction will be given when the appliance is placed.

An **orthodontic retainer** helps keep teeth in position after orthodontic treatment. There are different types of retainers depending on the treatment plan.

Clear with color palate (CCP) retainers are worn after Phase 1 treatment for patients that still have baby teeth. CCP retainers are worn every night at bedtime and taken out each morning. This appliance will fit until the last baby tooth falls out. It serves several purposes including:

- Keeps the upper front teeth straight and together.
- Keeps the upper arch wide.
- Creates vertical space giving 12- year molars more room to erupt.

A **CCP Bite Plate** looks similar to a regular CCP but is thicker which helps to open deep bites.



Patients can choose up to 3 colors for the palate of their CCP retainer with the option to add silver or rainbow glitter. Patients are seen every 6 months for observation and retainer checks. As the baby teeth fall out and the new permanent teeth erupt, the retainer is adjusted so it will continue to fit until the last baby tooth falls out.

Once the last baby tooth falls out, a progress exam is scheduled known as a Phase 2 exam. At this exam, photos and x-rays are updated to see how the new permanent teeth fit in terms of bite and alignment. 80% of Phase 1 patients will need a Phase 2 treatment. Phase 2 is typically what you think of as a full, teenage set of braces. We use Damon braces for Phase 2.