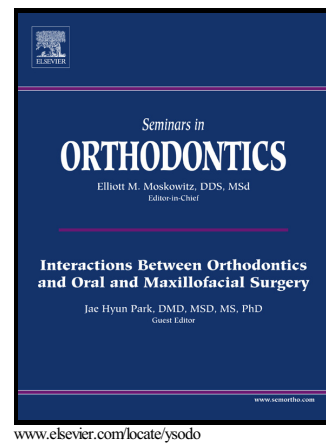


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Evidence-based retention – where are we now?

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Evidence-based retention – where are we now?

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Abstract

Relapse is unpredictable. Retention is used at the end of orthodontic treatment to resist tooth movements back towards the original malocclusion, but it is also required to resist unwanted tooth movements and disruptions in the occlusion that occur as a result of normal age changes.

The approaches to retention vary significantly across the world. This article explores why we need retention and our current understanding of the best evidence-based approach to reducing relapse. There is a lack of high quality evidence to support several aspects of retention, so the implications for clinical practice are discussed.

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