

Fixed vs Removable Retainers –

Which One Fits You Best?



Fixed Retainer

- ✓ Always working – no need to remember to wear it
- ✓ Completely hidden, bonded behind your teeth
- ✗ Tricky to clean – requires extra care with flossing
- ✗ If it breaks or comes loose, you'll need a dentist to fix it



Removable Retainer

- ✓ Super easy to clean and maintain
- ✓ Can take it out when eating or brushing
- ✗ Needs discipline – must be worn as instructed to work
- ✗ Can be misplaced, damaged, or need replacements over time



Choosing What's Best

Your lifestyle matters!

- If you're forgetful or busy → Fixed might be better
- If you want flexibility and easy cleaning → Removable could suit you

Final Word: Your orthodontist will help pick the right option for your smile