

A Survey on Orthodontic Retention Practices among Consultant Orthodontists in Sri Lanka

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Orthodontic retention phase is mandatory following active treatment. New developments in the orthodontic retention strategies have created a wide variation and hence a personal preference exists. This study aimed to survey the retention practices of the consultant orthodontists in Sri Lanka. Consultant orthodontists (n=34) who fulfilled inclusion criteria were enrolled in this study. A survey questionnaire was modified according to Sri Lankan perspective, pre tested and self-administered via online Google forms. Questionnaire comprised 04 parts; 1. socio-demographic information of the orthodontist 2. clinician's preference on different retainer types, wearing duration, number of retention check-ups 3. type and size of wires used for permanent bonded retainers and 4. information on unintentionally active fixed retainers. Data was analysed using SPSS version 21 and descriptive statistics were obtained. A total of 29 (85.29%) orthodontists responded (27% of males and 73% of females). Most of the orthodontists (44.7%) belonged to 46-55-year age range and 69% were attached to government hospitals. The most preferred maxillary appliance was the Hawley retainer (62%) and bonded retainer (41.3%) for the mandible. 96% of Hawley retainers were fabricated by technicians and 96% of bonded retainers by orthodontists. Functional appliance (51.7%) was the most common adjunctive retention appliance used. An initial full time wearing of removable retainers was prescribed by all orthodontists for maxilla and 86.2% for mandible with check-ups performed every 2-4 months by 83% of orthodontists. Stainless steel triple strand round wire (41%) was the most commonly used wire type for bonded retainer. Hawley retainers for the maxilla and bonded retainers for the mandible were the most commonly prescribed retainers by Consultant Orthodontists in Sri Lanka.

Keywords: Orthodontic retention, Retainers, Consultant orthodontists