

Letter to the Editor

Dear Sir

Rationalizing Retention Regimes

Now that evidence based orthodontic treatment is increasingly sought, perhaps it is time that similar discipline was applied to retention procedures. There seems to be almost as many differing regimes as there are orthodontists let alone types of malocclusion. A multiple centre study requiring many orthodontists to send in an analysis (including PAR index) of say 20 consecutively completed

cases to be followed eventually by a repeat of the analysis a full year post-retention. Clearly, there would be a considerable fall off and these cases would have to be included to see if they had anything in common. At the very least, it should be possible to establish whether a period of fulltime retainer wear is of any advantage over immediate night time wear following debonding.

M. L. BRENCHLEY