

OPEARLSO

(Editor's Note: If you have a clinical or practice management Pearl to share with your colleagues, send it to JCO, 1828 Pearl St., Boulder, CO 80302. Appropriate illustrations are welcome; a photograph of the author and a copyright transfer form are required prior to publication.)

Retention Checklist

After debonding, the long-term stability of orthodontic results must be monitored during routine retention checks. Most clinicians, however, do not use a standardized, systematic approach to these important visits.

We came up with a simple, easy-to-use, and comprehensive checklist (opposite page) that could easily be integrated into the computer system. A companion to our Case Finishing Checklist,¹ it covers all aspects of occlusal stability and dental health, so that we don't overlook any important item.

The checklist can be used to help evaluate the quality of a practice's treatment results, as a practice management tool, and for medicolegal documentation.

REFERENCES

1. El-Beialy, A.R.; Kortam, S.I.; and Mostafa, Y.A.: Retention checklist, *J. Clin. Orthod.* 39:322-323, 2005.
2. American Board of Orthodontics: *Examination Information*, 3rd ed., St. Louis, 1994.



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a. The lingual surfaces of the maxillary incisors and canines should follow an arc. The central grooves (mesiodistal) of the maxillary posterior teeth should all be in the same plane.²

b. The incisal edges and labial surfaces of the mandibular incisors and canines should follow an arc. The mesiobuccal and distobuccal cusps of the mandibular molars and premolars should be in the same mesiodistal alignment.²

c. According to the criteria of the American Board of Orthodontics.²

Summary of original problem: _____

Maxillary Retainer: _____

Mandibular Retainer: _____

	6 wks.	12 wks.	18 wks.	6 mos.	1 yr.	2 yrs.	3 yrs.
<i>Date</i>							
<i>Maxillary Arch</i>							
Alignment ^a							
Leveled marginal ridges							
Level of anterior teeth							
Rotations							
Tip							
<i>Mandibular Arch</i>							
Alignment ^b							
Leveled marginal ridges							
Level of anterior teeth							
Rotations							
Tip							
<i>Static Occlusion</i>							
Coincident midlines							
Overjet							
Overbite							
Canine relationship							
Molar relationship ^c							
Intercuspatation							
<i>Functional Occlusion</i>							
CR-CO coincidence							
Protrusive interferences							
Interferences, right excursion							
Interferences, left excursion							
<i>TMJ</i>							
TMJ palpation							
Muscle palpation							
Joint sounds							
Opening movement							
Restricted right excursion							
Restricted left excursion							
Deviation/deflection							
<i>Periodontal Condition</i>							
<i>Panoramic Radiograph</i>							
Third molars							
<i>Maxillary Retainer</i>							
<i>Mandibular Retainer</i>							