

How A Permanent Retainer Ensures Your Beautiful Teeth Last A Lifetime

Beauty News, Doctor's Talk

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Have you ever had braces? Then you probably are aware of the hassle that comes along with having a retainer. Thankfully, dental retainers are custom-made and come in different types, including removable retainers and permanent retainers. While removable retainers are widely used, permanent retainers are popular due to their many benefits. Here Haute Beauty expert **Dr. Mimi Yeung** of M.Y. Dental Spa shares the importance of a permanent retainer.

1. **Prevents your teeth from shifting.** Teeth have a natural tendency to move so when you don't wear your removable retainer, you will see a shift in your teeth. A permanent retainer helps keep your teeth in their new position always.
2. **Easy maintenance.** Forgetting to wear your removable retainer is a commonality. With a permanent retainer on your teeth, there is minimal maintenance involved.
3. **Improves oral health.** Teeth that are misaligned or crowded can be difficult to clean. A permanent retainer will prevent your teeth from shifting back to their crowded places, making it easier to clean between your teeth.
4. **Long-lasting.** Permanent retainers are designed to last for many years. This means once a permanent retainer is placed, you can essentially forget about it.

As you can tell, we might have taken sides with a permanent retainer. Though it is important to note that you can actually be given both a permanent and removable retainer. To know which option is best for you, consult with Dr. Mimi Yeung of **M.Y. Dental Spa** today.