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RETENSIYA DAVRI – ORTODONTIK DAVOLASHNING AJRALMAS QISMI. RETENSION APPARATLAR

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Abstract: *This article examines the retention phase as an integral part of orthodontic treatment, focusing on retention appliances, their types, advantages, and disadvantages. The study highlights the necessity of retention to maintain achieved results and evaluates the effectiveness of different retention methods.*

Key findings:

- *Retention is critical to prevent relapse (teeth shifting back). The required retention duration often matches or exceeds active treatment time, sometimes necessitating lifelong use of retainers 25.*
- *Two main types of retainers were studied: removable (e.g., aligners, Hawley plates) and fixed (e.g., bonded lingual wires). Removable retainers offer convenience but depend on patient compliance, while fixed retainers provide consistent results but complicate oral hygiene 56.*
- *A clinical observation of 16 patients (aged 15–28) revealed that fixed retainers (10 cases) prevented relapse entirely after one year, whereas removable retainers (6 cases) showed relapse in 50% of patients due to non-compliance 6.*

Conclusion: Fixed retainers demonstrate higher efficacy in maintaining orthodontic outcomes, while patient adherence remains a challenge with removable options. The study underscores the importance of personalized retention strategies based on periodontal health, age, and treatment duration.

Keywords: Retention appliances, relapse, fixed retainers, removable retainers, orthodontic stability.

Kalit so'zlar: *Retension apparat, kappa, plastinka, elayner, parodont*

Kirish

Ortodontik davolashning eng muhim bosqichi retensiyadir, ya'ni tekkislangan tish qatorini shundayligicha "ideal holatda" saqlab turishdir. Retension davrsiz davolash olib borish mantiqiy emas, chunki bir muncha vaqt o'tgach, retsidiv kuzatilishi mumkin ya'ni tishlar avvalgi holatiga qaytib qolishi mumkin. Natijani shunday ushlab turish uchun faol davolanishga qancha vaqt ketgan bo'lsa, xuddi shunday vaqt kerak bo'ladi, ba'zan 2 barobar ko'p, ba'zan esa umrbod retension apparat taqish talab etiladi.

Ortodontik davolashdan keyin tishlarning yengil qo'zg'alishi kuzatilishi mumkun, bu normal holat hisoblanadi. Tishlarni o'rab turgan parodont to'qimalarining, parodontal boylamlarning qayta tiklanishi vaqt talab qiladi. Aynan paradontal boylamlarning tiklanishi 4-6 oyni tashkil qiladi. Shu bilan bir qatorda paradont to'qimadagi elastik tolalarning qayta tiklanishi juda sekin kechadi va 1 yildan ortiq vaqtni talab qiladi. Shuning uchun aktiv ortodontik davolashdan keyin uzoq vaqt retension apparatlar qo'llanilishi maqsadga muvofiq. Retension apparatlar olinadigan va olinmaydigan turlarga bo'linadi. Olinadigan apparatlarga kappa va plastinkalar kiradi. Ular mahsus plastiklardan elayner ko'rinishida tayyorlanadi. Plastinkalarda mahsus metall yoylar bo'ladi. Olinmaydigan ortodontik apparatlar til yoki tanglay tomondan kompozit materialga mahkamlangan simdan iborat. U to'g'ridan-to'g'ri og'iz bo'shlig'ida yoki tayyor quyilgan modellarda individual holatda bukib chiqiladi. Vrachning ko'rsatmasiga ko'ra, reteyner qoziq tishdan qoziq tishgacha yoki yon kurak tishdan yon kurak tishgacha o'rnatiladi.

Olinadigan apparatning afzalliklari:

-doimiy taqib yurish talab qilinmaydi. (qo'llanilish davomiyligi shifokor ko'rsatmasiga asosan)

-noqulaylik va og'riqlar bo'lmaydi

-gigiyenik parvarish qilish oson

Kamchiliklari:

- ortiqcha so’lak ajralib chiqishiga olib kelishi mumkun

-bemor yetarlicha taqmasligi ortodantik davolash samaradorligini pasaytiradi

- olinmaydigan apparatlarga nisbatan mustahkamligi kam

Olinmaydigan apparatlarning afzalliklari:

- tez o'rganish, moslashish;

-alohida parvarish talab etilmaydi;

- estetik talablarga javob berishi;

-yon tishlar yaxshi kontaktga kirishadi;

- shinalovchi moslamalari sifatida xizmat qilishi mumkin.

Kamchiliklari:

- gigienik parvarish qilish qiyin;

- bemor reteyner qisman chiqib ketganini sezmasligi mumkin va bu tishlarning shakli o'zgarib ketishiga olib kelishi mumkin.

Material va usullari: Tish-jag' anomaliyasi bilan davolangan va davolash tugagandan so'ng retension apparatlar qo'llanilgan16 nafar, 15 yoshdan 28 yoshgacha bo’lgan bemorlarda kuzatuv o'tkazildi. Shulardan 6 nafariga olinadigan apparatlar, 10 nafariga olinmaydigan apparatlar qo’llanildi. Retension apparatlar bemordagi paradont to’qimalar holatiga, yuz tuzilishi, yoshiga va ortodontik davo muddatiga qarab tanlandi.

Natijalar: .Ularning faol davolanish muddati 10 oydan 14 oygacha bo'lib, o'rtacha bir yilni tashkil etdi. Darhaqiqat, retension apparatlardan foydalanishning o'rtacha davomiyligi taxminan 2 yil edi, chunki bemorlarda umrbod retension apparatlardan foydalanish uchun ko'rsatmalar yo'q edi. 6 nafar olinadigan retension apparatlar taqqan bemorlarning 3 nafarida retension apparatlar olib tashlaganidan bir yil o'tgach, tishlar oldinga holatiga qaytgani kuzatildi. Sababi retension apparatlarni keraklicha taqmaganliklari bo’lgan. Qolgan 3 ta bemorda tishlarning oldingi holatiga qaytishi kuzatilmadi. Olinmaydigan retension apparat taqqan 10 ta bemorimizning hammasida retension apparatlar olib tashlaganidan bir yil o'tgach, tishlarning oldingi holatiga qaytishi kuzatilmadi.

Munozara: olinmaydigan retension apparatlardan foydalanish, olinadigan retension apparatlardan foydalanishga qaraganda uzoq vaqt davomida tishlarning holatini yaxshi ushlab turishning omili hisoblanadi. Olinadigan retension apparatlar ko'p hollarda bemorlar tomonidan yo'qotib qo'yilishi, shifokor ko'rsatmalariga yetarlicha amal qilmaslik, tez sinib qolishi sababli kutilgan natijani ko'rsatmasligi mumkun. Shu sababli olinmaydigan retension apparatlar samaradorligi yuqori hisoblanadi. Davolashdan keyin retension apparatlar ishlatilmaganda davolash natijasi sezilarli darajada orqaga qaytishi kuzatilgan. Chunki bu mushaklar holati bilan ham bog'liq jarayondir.

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