1. Mark in the articulator where the bars between the vestibular and palatal area should be placed without disturbing the occlusion. Then mark the extension of the retainer.

2. Use the HSS twist drill without any pressure (> 20 000 rev./min) to cut out the occlusal surface and the bars.

3. Finish the edges with the tungsten carbide bur. (Attention in the area of the clasps, the tungsten carbide bur may damage the clasp.)

4. Smooth the edges with Lisko-S and with Liskoid the narrow areas (both app. 10 000 rev./min.).

5. Finished retainer that does not have a negative effect on the occlusion.

6. Essix Retainer. The fabrication is the same as for stabilization splints.

**Materials & Accessories**

- **Materials:**
  - Erkodur 0.6 - 0.8 mm for the Essix Retainer
  - Erkodur 1.5 - 2.0 mm for repositioning and retention splints.

For further material required please see instructions of occlusal splints and stabilization splints.

**Notes**

- There are many possibilities to fabricate retainers, here only a small selection. Most can be produced with the thermoforming technique, also with integrated clasps or with elastics put in slots on the separated area.