



Let Your Smile Change the World.

Congratulations!



It's Time To
Celebrate

Treat Yourself
To Something
Yummy &
Crunchy



ORTHODONTIC AFTERCARE

How To Keep Your Smile WOW! For Years To Come

WHY DO I NEED TO WEAR A RETAINER?

- 😊 After Being Held In Place All The Time By The Braces Your Teeth Will Want To Revert Back To Their Original Positions After Braces Are Removed
- 😊 You Will Need To Help Your Teeth Stabilize By Wearing Your Retainers At Least 12hrs/day Or More
- 😊 The Most Crucial Time Is The First Year After Braces Are Removed, And May Be Longer For Some
- 😊 As Your Teeth Stabilize You Will Be Able To Wear Your Retainers Just When You Sleep. That Is The Goal
- 😊 Your Body & Smile Will Continue To Change Over Time With Ageing. Long Term Retainer Wear Will Reduce These Changes. Your Retainers Will Become Pajama's For Your Teeth.

Wear Them **"Nighttime For Lifetime"**



You Are In Now In Charge Of Your Smile

RETAINER CARE



- 😊 Gently Insert & Remove Your Retainer
- 😊 Rinse & Brush Gently With A Toothbrush After Each Use
- 😊 Keep Your Retainers Clean, Dry & In Their Case, Out Of Reach From Pets. They Will Snack On Your Retainer
- 😊 Never Wrap Your Retainers In A Napkin
- 😊 Always Handle With Care
- 😊 Never Place Retainers Directly Into Your Pocket Without A Case
- 😊 Do Not Leave In Direct Sunlight Or Next To Excessive Heat
- 😊 Denture Cleaner Is Safe To Use

RETAINER REPLACEMENT (Additional Fees Apply)

- 😊 Replace Your Retainers When They Get Gross, Cracked, Broken, Worn Out, Or Excessively Loose
- 😊 Never Bite, Chew, Flick In & Out Or Pull Hard On Your Retainer
- 😊 Like Anything We Wear, Retainers Will Wear Out Depending On How We Wear Them. Everyone Will Wear Through Their Retainers At A Different Rate.
- 😊 Some People Grind & Clench While Sleeping. Their Retainers Will Need To Be Replaced More Often.
- 😊 New Retainers May Be Needed Following New Dental Work
- 😊 Clear Retainers Are Found To Be Most Comfortable. They Have The Highest Compliance Ratings And Can Be Worn Only While Sleeping Sooner Than Traditional Metal Retainers.
- 😊 Fixed Retainers Are Sometimes Needed For More Stubborn Teeth. They Are More Difficult To Keep Clean. Your Orthodontist Will Advise You As To The Ideal Retainer For You.



WISDOM TEETH



- 😊 Wisdom Teeth May Put Pressure On Your Teeth As They Attempt To Erupt Causing Discomfort & Shifting
- 😊 Please Follow Up With Your General Dentist For A Referral To An Oral Surgeon As Needed. Please Ask Us If You Would Like Us To Refer You
- 😊 Your Retainers Should Keep Your Teeth Straight, Even If You Have Wisdom Teeth

We Are Here For You If You Have Questions About Your Retainers Or Wisdom Teeth.

*Thank You For Choosing Us To Help You Achieve Your New Smile
It Has Been Our Honor And Privilege To Work With You*