

# CONGRATULATIONS!

You've Worked So Hard...

Take a Break  
from Braces!



Now that your first phase of treatment is over and your teeth are in a good position for your permanent teeth to emerge, you can eat all the hard, crunchy and sticky foods you've been missing.



*Ask your parents to post a picture of you indulging in treats you missed while in braces on our facebook page or email us to earn extra smile reward points!!!*

## What Now?

Immediately following braces removal, we will create retainers to minimize the shifting that your teeth will naturally do as they settle into their new positions.

## How Long Must I Wear My Retainers?

Wear your retainers as directed every single day. The goal of Phase 1 retainers is to help hold your teeth so that the new ones can grow in as easily as possible. The front teeth may shift as this happens and that's okay.

These types of retainers are **\*temporary**. You will eventually **outgrow** them as you lose more baby teeth, more adult teeth come in and the jaw grows.

\*Don't stop wearing your retainers until we inform you it is time to do so. The retainers may seem tight from time to time when baby or primary teeth get loose. Please ensure that you wiggle those teeth out promptly so that the retainers can fit better.



*If a retainer is lost or broken, promptly call our office during business hours.*

# IT'S HALF TIME!

Most patients require a **second phase of treatment**. We will continue to schedule check-ups and monitor for proper tooth and jaw development.



We won't know the extent of the 2nd phase until more teeth have erupted and the jaws have had a chance to grow. We will continue to monitor growth and development from now on. This growth guidance program is complimentary.

## Retainer Care Instructions

Brush your retainer with toothpaste every morning/evening. Soak in denture cleaner as needed, if build-up occurs. You can also ask your hygienist to clean them at your regular cleaning visits.

**Please bring your retainer to all your follow up checks.**

### Keys To Keep Your Retainer Safe:

- Plastic retainers can be ruined by heat. Never put a retainer in boiling water, a dishwasher or on the dashboard of a car in the sun.
- Retainers can be broken if placed in a pocket or backpack.
- Retainers are likely to be thrown in the trash if they are wrapped in a tissue or napkin or placed on a food tray.
- Keep them in their **case** with your name and number on it whenever not wearing them.
- Do not drink sugary drinks or chew gum while wearing your retainers.



- Keep away from small children, cats and dogs. Pets love to chew on them.

## GO TEAM!

**Thank you** for being the most important part of our practice. Remember to share your celebration smiles with us via Facebook or email.

Most of our patients are referred to us by former patients. We deeply appreciate your confidence in recommending us to your friends and family. It is the greatest compliment you can give us.

**Thank You!**