

## CONGRATULATIONS ON FINISHING YOUR PHASE I TREATMENT!

You've worked so hard to get your smile where it is today, but the work isn't over! Below you will find helpful home care instructions for your teeth now that active orthodontic treatment has been completed:

- **Go to the dentist** - It will be much easier for the dentist to clean and examine the health of your teeth now that the appliances are removed.
- **When it is not in your face, it is in the case!** – Any time when you remove your retainers, remember to keep them in your case. Your case should be kept in a safe place. It should have your name and phone number on it. If misplaced, the retainer/s should be safe.
- **Wear your retainers** - Your retainers must be worn EVERY DAY after school except when eating, drinking anything than water, and brushing your teeth. You retainer must be removed during contact sports and be placed in your case. **Remember, your teeth may return to the position they were in before treatment if retainers are not worn regularly.** If the retainer feels uncomfortably tight wearing nightly, we recommend staying with after school wear schedule.
- **Adjustments** - Your teeth are still growing and the great thing about your retainer is that it can be adjusted to direct that growth. As new teeth erupt, your retainer may fit differently. If your retainer becomes unwearable – please call us and schedule an appointment!
- **Cleaning retainers** - The retainer should be cleaned regularly by rinsing with cool water and brushing the interior with a toothbrush and cool water. It may help to use a denture cleaner from the pharmacy to remove buildup from saliva.
- **Lost or Broken retainers-** For any reason you have lost or broken your retainer, please notify us right away! Call us immediately and we will schedule you for an impression to make a new retainer. Any new retainers may incur a fee. Do not give up on the smile you worked so hard to achieve.

*Please drop us a Google Review by scanning the QR code to the right!*

