

## **REMOVAL INSTRUCTIONS**

First off congratulations and thank you for allowing us to be part of your treatment. Although your braces are off, your case is by no means finished. An extremely important phase of orthodontic treatment, called the “retention phase” is beginning. This involves the wearing of retainers. Below is a summary of what we discussed at your removal appointment.

### **Oral Hygiene (Brushing)**

- Now that the braces are removed your gums will be slightly inflamed or “puffy”. That will resolve itself with good brushing in approximately 2-4 weeks.
- After 2-4 weeks if you wish to whiten your teeth we would suggest using whitening strips either Crest™ or generic if you are age 18 years or older. You may also visit with your dentist.
- If your brushing or diet (too many sugary drinks) was not ideal during your orthodontic treatment we may also provide you with separate instructions on how to minimize the appearance of decalcification or white marks that may be present.

### **Retainers**

- Please refer to the other hand out entitled “semi-permanent bonded retainers” we have provided you.
- The lower cemented retainer can remain for the rest of your life as long as you keep it clean.
- Typical lifespan of the upper cemented retainer can be one year unless you had a large space between your teeth before treatment began.
- Current fee is \$95 each to replace the cemented retainers if lost or broken.
- Every patient is provided a removable retainer for the upper arch and/or the lower arch depending on your bite before treatment began.
- **The upper removable retainer may be worn for the remainder of your life and we will rely on that retainer if your upper cemented retainer can't be maintained or comes loose.** Lost, broken, or improper fitting retainers due to poor cooperation will necessitate a charge for new retainers. The formal retention period extends one year after the braces are removed and is included in the active treatment fee.

### **Remaining Points**

- If someone provided your orthodontic treatment for you please thank them for doing so. If you paid for your treatment thank yourself for doing so.
- Please remember to continue your regular dental visits.
- We understand that orthodontic treatment is elective. We sincerely appreciate being part of your care.
- Remember life is better when you SMILE.