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CongratulationsYou have been informed that it is time to have your braces removed! This letter is an overview of what you can expect.

You will need to come in for two appointments, a longer appointment (about one-half hour) to have the braces removed, and a short appointment the week after that to pick up your retainers. The retention phase of the orthodontic treatment is very important because the retainers are necessary to keep your teeth in good position.

The retainers will be removable and you will have one for the top and one for the bottom. Initially you will be wearing your retainers day and night, except when eating and brushing your teeth. After that you will go to wearing the retainers at night only. Dr. McCray recommends wearing the retainers at night indefinitely. You will still come into the office for retainer check appointments for about two years, although as time goes by the time between your appointments will spread out.

Your first appointment will be about six weeks after you get your retainers. We will adjust your retainers, and do final x-rays, photos and models. You will come back again three or four months later for a retainer check, and after that you can most likely start wearing your retainers at night only. Then we will see you every six months for about a year and a half, and after that only on an as needed basis. Call the office for an appointment any time that the retainers do not fit, if they get lost or broken, or if your teeth are shifting. Retainers do tend to loosen up and need to be adjusted periodically to keep them fitting properly so that the teeth do not shift.

Studies show that long term success after braces depends on retention to keep the teeth stable. Without retainers, the teeth will move and will not stay as straight. At the retainer pick-up appointment, you will be given instructions on how to keep the retainers clean, how to wear them, and how to remove and insert them.

Your treatment is not over yet; retention is vital to our final result. Thank you for your cooperation. We look forward to seeing your smile for years to come.