

CONGRATULATIONS!! You're almost finished with your orthodontic care.

Progress X-rays Are Recommended Before Braces Removal:

We know you are looking forward to the completion of orthodontic treatment. Prior to braces removal or completion of aligner treatment we ask your permission to obtain a progress panoramic x-ray. Doctor Ouellette will analyze the panoramic x-ray to make sure all tooth crowns and roots are properly aligned to the best possible result. If you currently have wisdom teeth he will let you know if they are causing a problem now or may do so in the future.

Initials _____

Wear Your Retainers As Instructed: First 30 days wear 24/7 then 8 hrs/Day while sleeping

At the completion of orthodontic treatment continued cooperation is needed even more than when you were in braces. Once we set your teeth free Mother Nature immediately takes over. All orthodontic cases will eventually relapse to some degree! Preventing your teeth from moving towards the original malocclusion is 90% in your control. Wearing your retainer(s) as instructed will maintain your new smile for many years. Unfortunately, Mother Nature's forces affect the ultimate positions of your corrected smile. Forces placed on your teeth during chewing, breathing, muscle function and abnormal para-functional habits (nail biting, thumb sucking, tongue thrusting, clenching, night grinding, etc.) contribute to orthodontic relapse. Most importantly personal genetic code greatly influences how straight your teeth will remain.

Initials _____

Enhancement Orthodontics: Reference: M. Ackerman, **Enhancement Orthodontics, Blackwell Publishing 2007**

Every human being possesses his or her own personal genome. Human genetic code determines the number of, size, shape, alignment and how your upper and lower teeth fit together. Orthodontists are "Change Agents" that modify what Mother Nature gave you. Our goal is to give you the most ideal tooth alignment and bite relationship within the limitations of the genetic traits you inherited from your parents. When braces are removed the underlying genome goes to work undoing the modifications we were able to accomplish. The degree of correction of your case is directly related to how well you cooperated and followed our instructions. Hopefully, the correction we have given you has met your expectations. If you are not satisfied with how your teeth look, please let us know before we remove your braces. Less than ideal orthodontic cases may be further improved with cosmetic dentistry and/or cosmetic jaw surgery.

Initials _____

When to visit your primary care dentist: Wait At Least 6 Weeks, Call Now For Appt.

During orthodontic treatment you were advised by our office to see your primary care dentist and periodontist every 3 to 6 months. When you have your braces removed we recommend waiting a minimum 6 to 8 weeks before having your teeth cleaned and checked. Your gum tissues may be red and swollen. Hopefully, you followed our oral hygiene instructions, had routine dental cleanings and checkups. In most cases orthodontic patients will not experience post-treatment decalcification (white markings) or caries (cavities). At the end of the post-treatment waiting period much of the redness and swelling will subside. The dental hygienist will be able to give you a better cleaning if the gum tissues are back to normal.

Initials _____

Our Smile Warranty:

Most patients diligently follow our instructions related to retainer wear immediately after having their braces removed. After a period of time patients may forget to wear retainers every night and will experience some unfavorable tooth movement. If you lose your retainers and do not have them immediately replaced your teeth will move. PLEASE call our office immediately if you lose your retainers. If your teeth have shifted to the point that your retainers no longer fit we will re-apply your braces at No Charge (\$1,500 Savings). The only charge you will incur is \$150/month until your teeth are realigned. Two Essix retainers will be provided at No Charge at the end of the retreatment. Permanent retainers may be recommended at a fee to be quoted.

Initials _____

We have read and understand the above information regarding orthodontic retention. We have also discussed the above with the doctor and/or staff. I the patient and we the parent(s) are satisfied with the final orthodontic result and want the braces removed.

Today's Date

Patient

Staff Member / Orthodontist

Parent(s) / Guardian