

Keep Your Beautiful Smile Forever. It's Up to You!

Retainers are vital to keeping your beautiful smile forever. They must be worn to prevent the teeth from relapsing to their original position. The more severe the original problem, the greater the tendency for relapse. If you stop wearing your retainers, some degree of relapse will occur. It is a common misconception that teeth are like pieces of steel set in concrete, and they will remain straight forever. This is simply not true.

The aging process, muscular forces of biting, and even new dental restorations all contribute to unwanted tooth movement. Forces exerted by the lips and the tongue can also cause changes in tooth position. Habits such as clenching, grinding, biting nails, or chewing on pencils put enough pressure on the teeth to move them as well.

We are now placing your chart on a "Request Only" status in our office. We will continue to be available should you have questions. Future check-ups are complimentary. However, there may be a charge to replace a worn, damaged, or lost retainer.

Remember, teeth tend to shift unless retainers are worn. The phrase, "Nothing is forever," should be replaced with, "Retainers are forever!"

Please do not hesitate to call if any questions or concerns should arise. Thank you.

Warmest Regards,

Dr. Diane