

## *Final Visit*

Congratulations! You have finally graduated from the orthodontist. Here are a few things for you to know in order to keep your teeth looking good.

Our recommendation is to continue wearing your retainers every night until the time comes to have your wisdom teeth removed. Once the wisdom teeth are gone, you can then gradually start reducing the number of nights you wear your retainers. You will drop 1 night every 3 months. How many nights you get down to depends on how well your retainers continue fitting. If they start feeling tight, then wear them enough to keep them fitting comfortably. Usually 2-3 nights a week. NEVER give them up entirely.

If you ever have any questions or concerns, please feel free to call the office. We'd be happy to help you. Good luck and we certainly enjoyed having you as a patient in our office.