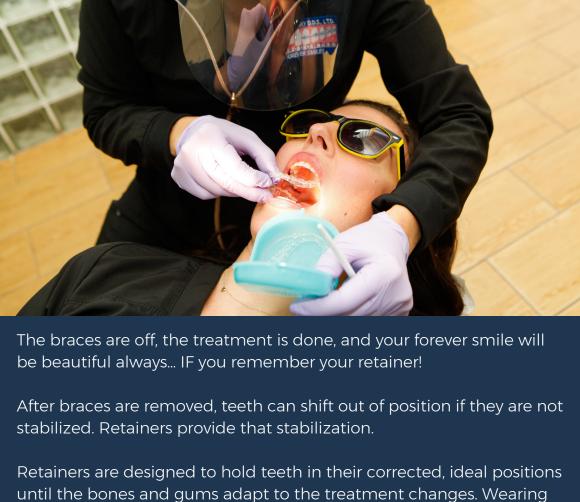




Forever Smiles, a gift that keeps on giving! We're not only an orthodontic office, we're a family and we're so thankful for everyone who has joined us the past 30+ years. Hope you all have a happy holiday. With love, the Forever Smiles Family.



How Retainers Keep Smiles Beautiful, Forever!



retainers exactly as instructed is the ideal way to ensure treatment improvements last for a lifetime.

Santa may be keeping tabs on the naughty and nice list, but Dr. Yan is making sure you're taking proper care of your appliances during the

holiday season. Reminder: brush and floss, plus avoid hard candies,

Here are some more things to remember when you receive your retainers:

like candy canes.

1. Wear your retainers full time, until the doctor instructs otherwise.

Wearing your retainers at night ensures that your treatment results last a lifetime.

last a lifetime.

2. Take your retainers out when eating and put retainers in their case!

Did you know that most appliances are lost in school lunch rooms or restaurants? In fact, when retainers are not in your mouth they should ALWAYS be in a retainer case.

should ALWAYS be in a retainer case.

3.Clean retainers thoroughly once a day with a toothbrush, warm water and a small amount of toothpaste. Avoid using boiling hot water!

lost or broken, give us a call immediately.

4. Retainers are breakable, so treat them with care. If retainers are