

# Forever Smiles



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!



The braces are off, the treatment is done, and your forever smile will be beautiful always... IF you remember your retainer!

After braces are removed, teeth can shift out of position if they are not stabilized. Retainers provide that stabilization.

Retainers are designed to hold teeth in their corrected, ideal positions until the bones and gums adapt to the treatment changes. Wearing 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, like candy canes.

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

1. Wear your retainers full time, until the doctor instructs otherwise. Wearing your retainers at night ensures that your treatment results 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.
3. Clean retainers thoroughly once a day with a toothbrush, warm water and a small amount of toothpaste. Avoid using boiling hot water!
4. Retainers are breakable, so treat them with care. If retainers are lost or broken, give us a call immediately.



**Book your Forever Smile at [Razdolsky.com](http://Razdolsky.com).**