

# KIZIOR & YOUNG

## Orthodontics

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## CONGRATULATIONS!

Throughout our lives our bodies are always changing.

Our teeth and bite can also change. It is important to continue to wear your appliance regularly for lasting results.

You have been in the retention phase of your orthodontic treatment, which is one of the most important and final phases.

We have been monitoring the stability of your teeth closely for quite some time. At this point, we feel routine visits are not necessary. We have been instructing you to wear your appliance every night while sleeping. We recommend that you continue to wear your appliance at a regular frequency to maintain your results.

What does regular frequency mean? Many patients continue to wear their appliance while sleeping every night. However, if your appliance ever starts to feel tight or you notice any of your teeth shifting, you should increase the amount of time that you wear your appliance. You need to wear your appliance so that it does not feel tight when you put it in and your teeth stay aligned.

If you are ever concerned that your teeth may be moving, please give us a call and we will be happy to see you.

It has been a pleasure treating you and if you ever feel a need for us to see you, please don't hesitate to call. We are always happy to see you!