



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

Teeth are a body part – think of retainers like eyeglasses for your teeth. Retainers are vital to keeping your beautiful smile forever. If you stop wearing your retainers, some degree of relapse will occur. The more severe the original problem, the greater the tendency for relapse.

The aging process, muscular forces of biting, and even new dental restorations can 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.

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

Warmest Regards,

Dr. Diane

www.AllStarSmilesOrtho.com

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