
POWER & PRYSE

ORTHODONTICS

Welcome to the final phase of your new Smile Journey!

The moment you have been anticipating for months has finally come. Your braces are ready to come off and reveal your perfectly straight teeth! Here's what you can expect at your debanding appointment with our expert team here at Power and Pryse Orthodontics Orthodontics.

What to Expect

Once the doctor has given the green light for braces removal, our team will then schedule a debanding appointment, which typically lasts about an hour. During this appointment, our experienced clinical team will utilize orthodontic instruments to remove all the brackets, bands and any residual glue leftover on your teeth.

Don't worry! This process is relatively comfortable, although you may feel slight pressure when the braces are being removed. Finally, we'll take pictures of your beautiful teeth and smile and place them in your final records.

Fitting Your Retainer After Braces

After your braces are removed, you will be fitted for a retainer. Make sure you wear your custom-made retainer as instructed to ensure your teeth stay straight. Your teeth have a tendency to move back into the positions they were in before braces, so it is crucial to wear this regularly. Your orthodontist will give you specific care instructions as to when you should wear your retainer. Follow these instructions closely to look forward to a gorgeous smile for a lifetime.

Caring For Your Teeth After Braces

After getting your braces debanded, you may feel some discomfort and tooth sensitivity. Your teeth will be more exposed after being half covered by a bracket for months, or even years, so please be sure to brush and floss your teeth often. This task will be even easier without your braces and brackets!

Retention Appointments

To maintain your finished result, it is important that you adhere to your retention schedule. If not followed, your teeth may shift to the extent that the results we both worked so hard to obtain will be compromised, and retreatment with additional expense would be needed. This can be avoided by simply wearing your retainers as directed. Our team will help you in any way possible to adhere to your retention guidelines. Retainer Check appointments will be scheduled for you. Please bring your retainer with you to these type of appointments in case any adjusting is needed.

ESSIX RETAINER (CLEAR RETAINERS):

Wear: Retainers are to be worn at night only, unless instructed otherwise. You should remove the retainers when eating, brushing or swimming. While the retainer can be worn during sport activities, a regular sports mouth guard provides better protection. If you miss a night or two, wear the retainer full time and bite down to seat it fully. The teeth may be a little sore but should realign. If they don't, call the office immediately.

Care: The retainer can be cleaned with soap, water and Q-tips. The commercial cleansers "Efferdent" or "Retainer Brite" work fine, too. Please do not brush the appliance with toothpaste as it dulls the appearance. For some patients, a bead of fluoride gel or remineralization gel placed in the retainer as directed will help with discolored enamel.

Store: Your retainer should be stored in the case we supplied. A little water in the case will help keep the retainers moist.

Comfort Tips: If an edge of the retainer rubs your gums, trim with scissors or file and smooth with an emery board.

Remember: Retainer replacement is expensive, but with proper care they last for years. Dogs like to eat retainers - so keep them away from Fido.

HAWLEY RETAINER (PLASTIC AND METAL RETAINERS):

Wear: Be sure to wear your retainers full time, until the doctor instructs otherwise. You should remove the retainers when eating, brushing or swimming.

Care: Clean retainers thoroughly once a day with a toothbrush and toothpaste. Use warm, but not hot, water. Brushing retainers removes the plaque and eliminates odors. Retainer Brite or other orthodontic appliance cleaners can be used, but do not take the place of brushing. You will also want to keep retainers away from hot water, hot car dashboards, pockets, the washing machine and napkins.

Store: When retainers are not in your mouth, they should always be in the retainer case.

Remember: Pets love to chew retainers and replacements can be expensive. Retainers are breakable, so treat them with care. If retainers are lost or broken, call us immediately.

Good 2 Know: Initially, you may find it difficult to speak. Practice speaking, reading or singing out loud to get used to them faster.

Financials: Please note that you may still be making payments even after the hardware has been removed and you move into the retention phase of treatment depending on your initial estimated treatment months and monthly payment arrangements. Treatment fees are a set flat fee divided out by your initial payment arrangements and does not decrease based on how quickly or slowly it takes your perfect smile to develop.

If you have any questions or concerns, just give us a call. We want to congratulate you on finishing your active treatment and thank you for letting us join you on this special journey!

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— ORTHODONTICS —

power up your smile

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