

## ***Congratulations! You Graduated!***

***We will really miss seeing you regularly!***

After today's appointment, we are not officially scheduling you back. You have been coming to our practice for a while and you have officially graduated! Continue wearing your retainers at night or as instructed to make sure that none of your teeth shift.

Please keep in mind that teeth shift slightly throughout your adult life. Unfortunately, this is a natural part of the aging process. Usually, this minor shifting is first noticed in the lower front teeth area. Please make sure you check your teeth regularly and pay attention to how tight your contacts feel when you floss your teeth.

If you have any concerns in the future, please feel free to contact our office to schedule an appointment. Examples of concerns would be:

- *Shifting of the upper or lower teeth*
- *A feeling like your bite is not quite right*
- *Excessive contact of the upper and lower front teeth*
- *Unusual bone or gum recession*
- *Jaw joint popping, sounds, stiffness or facial muscle soreness*
- *Your dentist feels that you need to see us again*

The success of our practice is dependent on producing consistently high quality results. Our practice continues to grow through patient referrals of family, friends, schoolmates, coworkers, etc. If you know of anyone that you think can benefit from orthodontic treatment, we would be delighted to offer them a complimentary consultation.

There are many benefits from orthodontic treatment that you will enjoy in the future aside from an enhanced appearance and a pleasing smile. A positive self-esteem, reduced need for future and occasionally costly dental care, and improved oral health, function and comfort are a few of these advantages. Please continue to visit your family dentist every 6 months. Now is the time to ask your dentist about bleaching, veneers, or any other cosmetic or dental treatment that you might need.

We can only hope that you have enjoyed coming to our practice as much as we have appreciated having you as a patient. It was our privilege to be of service to you. You are welcome in our practice at any time if you have any questions, concerns, or just want to say "Hello!"

***Congratulations on your beautiful, healthy smile!!***

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