

Congratulations on your beautiful smile from the AO Team!

Maintain your smile for a lifetime

At Ahl and O'Connor Orthodontics, we recommend wearing your retainers every night for the first year. After the first year, you may reduce wear to 3–4 nights per week. If you notice or feel any shifting after reducing wear, this means that your teeth tend to move more quickly and that increased retainer wear is necessary. Additionally, if your retainers feel tight, your teeth may be shifting, and wearing your retainers more frequently will help maintain proper alignment. Retainers are a lifetime commitment to maintaining your beautiful smile, as teeth can continue to shift over time.

Today is your last regularly scheduled appointment with our office; however, you will always be a patient here and are welcome to call us as needed. Please note that a copay will apply for any future appointments.

Continue to make the world a better place, one smile at a time!

Janice



Chris M. J.