

Orthodontic Treatment Aftercare Instructions

Dear [Patient's Name],

We are pleased to inform you that your orthodontic treatment has been completed successfully. To ensure the best results, please follow the aftercare instructions below:

1. Maintain Oral Hygiene

Brush your teeth at least twice a day and floss daily. Use a fluoride mouthwash to help prevent cavities.

2. Wear Your Retainers

To maintain your new smile, wear your retainers as instructed. This is crucial for the success of your treatment.

3. Avoid Certain Foods

Avoid sticky, hard, or chewy foods that could damage your retainers or teeth. Foods such as popcorn, hard candy, and chewing gum should be avoided.

4. Regular Check-ups

Schedule regular follow-up appointments with our office to monitor your progress.

5. Report Any Issues

If you experience discomfort, or if your retainer doesn't fit properly, please contact our office immediately.

Thank you for trusting us with your orthodontic care. We wish you a wonderful journey ahead with your new smile!

Best regards,

[Your Name]

[Your Title]

[Orthodontic Practice Name]