

ANTICIPATING THE REMOVAL OF YOUR BRACES

Just as it took a series of appointments to get started with your braces, there is a series of necessary appointments at the removal of your braces. We try to anticipate this major change 6 - 12 weeks in advance to allow adequate time to plan and schedule appropriately. Often, we say that we will “set removal” at the next visit; this does not mean that we will remove the braces next, but that we will attempt to schedule the sequence of visits for the removal after the next adjustment appointment.

3 Week Adjustment/Short Check Appointment:

Very often we will schedule an adjustment appointment three weeks prior to removal. This allows us to make sure that you are still on track for removal in three weeks and to make any minor corrections to ensure an ideal result.

Removal Appointment:

The appointment for removal of the braces will require at least one and one half (1 ½) hours. At this appointment, we will remove the braces, clean the cement from the teeth, polish your teeth, and make impressions for retainers.

In most cases, we will leave two bands on the upper molars and ask you to wear one elastic (at night only) until you return for retainers one week later. Enjoy the one week of freedom without braces or retainers, because the retention phase of treatment begins at the next appointment!

Upon removal of the braces, the gums may be slightly swollen and complete removal of all cement particles may be impossible. With proper flossing and brushing, the swollen tissue will improve and any additional cement can be removed at the Seat Retainer visit. For this reason, we would advise that you delay your visit with your family dentist until after the retainers have been seated. By waiting, your dentist will be able to do a more thorough cleaning and examination at the appointment.

Note: If you have an anterior prosthetic tooth attached to your braces, we will schedule the removal early in the morning and the seat retainer visit for late in the same day so that you don't have to go without a replacement tooth in the front of your mouth.

Seat Retainer Visit (one week after removal):

The seat retainer visit is the beginning of the final phase of your treatment – retention. At this visit we will remove the last two bands, fit the new retainers and instruct you in their wear and care. We will also take post treatment x-rays and photographs.

Note: If you desire an upper clear full coverage retainer, we will make an impression 6 weeks after the seat retainer visit. Then we will seat the clear retainer at the final conference one week later.

Final Conference (7 weeks after retainers are seated):

This visit will serve as the first retainer adjustment as well as a time to review the results of your active treatment and to discuss future treatment and concerns. **Parents are strongly encouraged to attend this appointment with their children.** Please plan to bring all retainers to this visit. As we review your treatment, we will discuss the prognosis of the wisdom teeth (if present) and give you your “before and after” photographs. If retention is proceeding well, we will schedule the next retainer visit for 6 months.