

TELEDENTISTRY and TEXT MESSAGING TO CHECK YOUR PROGRESS WITH YOUR RETAINER

You are on the home stretch!! During retainer checks the two main goals is to make sure the retainer is fitting well and to make sure your bite and teeth are stable.

Since in general no active adjustments need to be made, this check can be done virtually.

YAY!!! I don't have to take work off or get the kids out of school!

When your appointment time comes you will receive a text message asking you to take some photos. There will be a youtube link on how to take them and will be provided a set of cheek retractors, If you dont have cheek retractors just use your fingers or a set of spoons! It looks like these!

TAKE THE PHOTOS WITH YOUR RETAINERS IN AND THEN PLEASE GO THROUGH AND DO A SECOND SET WITH YOUR RETAINERS OUT. If you don't have removable retainers, then just one set is fine.

Click on the link and upload the photos you take and any questions if you have them. You will after submitting the first set, go through and submit the second set of photos on the link as well. Simple as that! Important thing is to make sure you bite on your back teeth. It helps to bite and smile without the cheek retractors in and then look in a mirror to see how your bite is naturally and then when using the cheek retractors make sure you copy how you were biting.



Please be sure to tell us how often you are wearing them.

You will then receive a reply from our front desk to schedule your next virtual check, if needed, usually we only need a couple of checks after your braces come off. Keep wearing your retainers the same amount of time as you were before. If needed, we will send you a second text or call asking you to come in to do an in person adjustment on your retainers with the doctor.

Wearing your removable retainers at night for life is critical to maintain stability. If you have fixed retainers on the tongue side, those should also be maintained for life.

Please know we are always here for you. If you need more rubber bands, give us a call, if something is of concern, shoot us a text! Or if you just want to see Dr. Hardy's beautiful face, we will get you in. :)