Congratulations on completing your Invisalign Journey! You have done the hard work, and now you can give yourself and others the gift of your beautiful smile!

You want to keep your teeth from shifting so it is important to wear your retainers faithfully every night.

You have 4 sets of retainers. Each set should last you about a year. Keep your current retainers in a container with hydrogen peroxide. Change the hydrogen peroxide solution weekly.

Thank you for letting me be a part of your smile transformation. It has been an honor!

Sincerely,

Dr. Katie Middlecoff