# final adjustment

## CONGRATS! YOU ARE ABOUT TO GET YOUR BRACES OFF!

We would like to answer some of the frequently asked questions by patients and parents.



### How long should my appointment take to get my braces off?

Your appointment will take approximately 2 hours. This time includes removing your braces, making your retainers, final x-rays, and pictures.

### Should I get an appointment with my dentist for a cleaning and check-up?

Yes! We recommend making an appointment with your dentist for a thorough cleaning and check-up after your braces are removed.

### Can I bleach my teeth once the braces come off?

Depending on which retainer and bleaching program you selected during your initial consultation, or during treatment, we will provide instructions on bleaching your teeth on the day your braces are removed.

### If you have any problems between today and the appointment to remove your braces, please contact our office immediately

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