
TOOTH TRIBUNE

Volume 5, Issue 1

Dr. Clayton Fuller ORTHODONTIST

January Toothousand-Four

Retainer Wear

THINGS YOU NEED TO KNOW

Q: Why, after years of braces, do I have to wear a retainer?

A: Even though your teeth are in perfect alignment, your gums and bone have not permanently settled into their new positions, yet. The retainer will keep them aligned until they have.

Q: What if I don't wear my retainer?

A: Your teeth will not stay straight, period. Some people's teeth move so much, that they need to go back into braces.

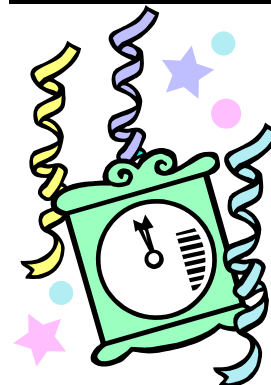
When you first get your retainer, it will be tight. This is because your teeth have moved slightly since the braces were removed the week before. As you wear it, your teeth will move back and the retainer will feel snug, but not tight.

If you stop wearing the retainer full time, your teeth will move and the retainer will be tight when you try it in the next time. If you continue to not wear it full-time, then the retainer will remain tight and the teeth will not have a chance to settle in. They will never become stable.

A usual scenario, in these cases, is that you may not wear it for several days and then try it in. You will then find that it does not fit at all. This is because your teeth have moved too far. You will then notice that they will continue to move and crowd up even more over the ensuing months.

Don't let this happen to you. Wear your retainer the prescribed amount of time and you will have a lifetime of beautiful smiles.

JAN. EVENTS



We hope everyone had a very Happy New Year. It's always good to take care of the old and bring in the new. To get a fresh start.

Role Model



Our role model of the month is the Fireman. We decided to put these men and women on a pedestal after the courageous battle they put on against the wild fires in November.

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**NEW FACES
WITH BRACES**

Elena Prieto
Amanda Jones
Ghazal Razavi
Michelle Foley
Tony Font
Jack Christiansen
Marestal Martin
Hans Balders
Deziree Melus
Aaron Espino
Porsche Camacho
Alex Bromley
Manuel Aguila
Katia Valenzuela
Stephanie Vanzuiden
Anna Alarcon
Jared Akers
Ashley Johnson
Rachel Galvan
Frank Huerta
Mari Takahashi
Marquello Shorts
Marquita Shorts
Nicholas Kuykendall
Alex Cuevas
Celeste Montano
Akaela Ryder
Colin Cummins
Alysha Prosdocimi
Yamet Garcia
Jessica Nash
Maura Mayer
Colton Wood
Jasmine Bonds
Johnpaul Lopez
Artchiel Lambinico
Carmen Waters
Christopher Rohde
Jarek Tolentino
Esteban Velasquez
Vanessa Gallegos
Julian Gallegos

**GRADUATES WITH
NEW SMILES**

Nicolas Martinez
Adriana Franco
Desiree Woodburn
Nikayla Gamez
Kawika Ross
Sinyeong An

HAPPY BIRTHDAY TO:

Jessica Harrington, Josephine Grunseth, Bianca Oldenburg, Alex Cote, Sara Rocha, Kyle Linton, Robert Aguilarhiggins, Nicole Pota, Nicolas Jodar, Andrew Debaca, Caitlin Giese, Karl Braganza, Annette Centano, Josha Padilla, Ashley Rodgers, Patricia Mora, Julian Gallegos, Cameron Albert, Marlene Amador, Kelly Murphy, Linda Feldman, Luis Hernandez, Amber Johnson, Katrina Dimacali, Jessica Olszewski, Sonia Tucci, Rachel Galvin, Breanna Zankiewicz, Tiffany Svedberg, Tanya Lopez, Jade Quintero, Sean Allen, Mercedes Jones, Eric Espinosa, Brittany Correia, Ilyana Castellanos, Johanna Burgess, Samuel Duarte, Dottie Detsch, Vanny Nuon, Jessica Ashworth, Jesus Nevarez, Darryl Sabino, Elizabeth Garcia, Cathlee Conrady, Mario Rodriguez, Charisa Obidos, Desiree Salenga, Linda Honaker, Vanessa Flores, Dylan Voelker, Daniel Slovinsky, Chloe Slovinsky, Marilu Garcia, Brandi Cropper, Denise Diaz, Akaela Ryder, Ruben Vasquez, Sarah

Frost, Geraldine Gutierrez, Katrina Kettler, Christian Stensvad, Jessica Kohl, Carmen Waters, Leah Murphy, Daniel Kay, Larissa Robles, Asami Guenther, Rochelle Johnson, Doug Allen, Chandler Michel, Sheena Camacho, Ernesto Salazar, Truong Nguyen, Len Walker, Dana Hutchison, Jonathan Limon, Jessica Mendoza, Raymond Silveyra, Emilio Cruz, Jacqueline Gelskey, Brianna Alejandre, Scott Aguilar-Higgins, Lauren Vonderharr, Alex Collins, Ashely Padilla, Meri Hattam, Jibrhan Perez, Sherwin Mimia, Alex Zepeda, Olivia Angeles, Yessinia Almanza, Aram Askarifar, Abraham Tan Jr., Karina Lopez, Ryan Vinluan, Raymond Houston, Paul Walters, Julie-Anne Manuel, Sinyeong An, Guillermo Mercado, Timothy Macasero, Gabriela Aguilar, Anthony Gonzales, Brittany Durnil, Nathan Mizrachi, Divina Apan, Jacob Garrity, Gabriella Depierro, Michelle Cabinian, Lily Gutierrez, Jordan Eichenlaub, Alexandria Alvarado, Isabel Barreto, Sean Sterling, Vanessa Carrillo, Rosa Casteneda, Alison Aguilarhiggins, Dominique Rivera, Taylor Ward, Delia Rubio, Megan Roberson, Jarek Tolentino.