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Subject: Braces blow

Posted by [Incognito](#) on Wed, 29 Sep 2004 13:23:35 GMT

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Dan I've had braces for 1 year, now I've got a retainer which I only wear about 16 hours a day (which I lower to overnight because it SUCKS). I had them on top and bottom, but it never really messed up my bite. My top teeth never touched the braces on the bottom.

Yeah, I was supposed to wear mine for 9 months @ 16 hrs a day, I quickly shortened that to overnight. I've had my braces off for nearly 18 months.

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