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Subject: Braces blow

Posted by [Dan](#) on Wed, 29 Sep 2004 05:49:43 GMT

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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.

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