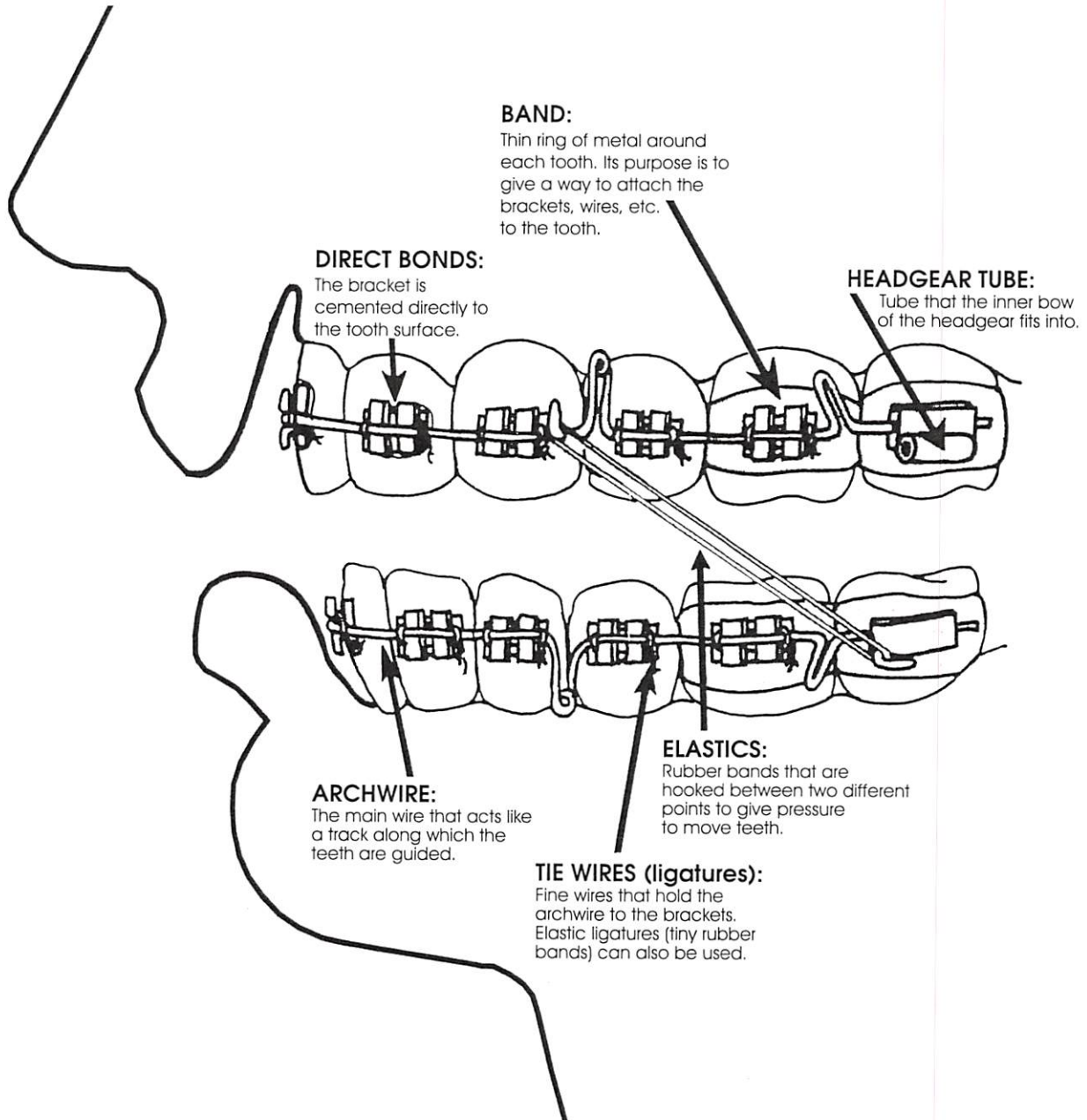


BRACKETS & BANDS





ORTHODONTIC DIET . . .

Some things you CAN eat

These are tasty for you and EASY on your appliances

- Reese's Pieces
- Nestles' Crunch
- Pizza -just don't eat the crust
- Ice Cream Sandwiches
- Plain M & M's
- SOFT Tacos
- Apples or Carrots - bite size pieces
- Popcorn - no kernels please!

Some things you CAN NOT eat (or chew)

These are guaranteed to cause you problems or damage your appliances

- Ice - the #1 brace breaker!
- Now and Laters - too chewy
- Jolly Ranchers - too hard
- Pens & Pencils - Not even food
- Sugar Daddy
- Corn on the Cob
- Chewing gum or Bubble gum
- Nuts
- Slim Jims
- Meat on the BONE
- Hard Tacos - Corn Chips - Doritos
- Whole raw apples or carrots

REMEMBER:

Loose braces will require extra repair time and will extend your orthodontic treatment. Be careful with HARD & STICKY foods and you won't have any problems. We don't want you to be disappointed by having to wear your braces longer than you had expected!



OUR SCHEDULE . . .

is "designed for you!"

We are aware of the concern many have about mid-morning appointments and we want you to know we do all that we can to minimize the number of times we need to see you during the mid-day! We work hard to be sensitive to your scheduling needs. Over the course of treatment, you will need occasional longer appointments that will be scheduled during your work or school day. Because of our commitment to state of the art treatment and efficiency, you may expect to have a longer, mid-day appointment on an average of only every 12-16 weeks!

While school and work are very important, the physical and psychological benefits of orthodontic care will last a lifetime. We are confident you will find that the increase in self-esteem and self-confidence will more than offset any temporary disruption caused by missing a small part of the school (or work) day.

These are some questions we are often asked about orthodontic appointments.

"Will I be seen on time?"

Our goal is to see each patient at their scheduled time! While we can't always be right on time, we do everything possible to see you without delay. Arriving late for an appointment may mean that patients scheduled after you have to be seen late. Honoring our patients appointment time is important to us. Occasionally, if you arrive late, we may have to ask you to reschedule. We know your time is valuable and we do all we can to keep right on time!

"I would like to have all of my appointments after 3 p.m. Can that be arranged?"

The first hour of the day (8:00 -9:00 a.m.) and the entire afternoon (after 2:30 p.m.) are reserved for the shorter appointments. This allows us to offer the greatest number of before and after school (or work) appointments to all of our patients. The longer, more complicated appointments are scheduled in the mid-day and early afternoon times. We would not want to disappoint you and so we must be candid and say that during the course of treatment it will be necessary for every patient to have some mid-morning appointments scheduled. The majority of our patients are of school age and we work closely with each area school to meet their guidelines for excused absences. You can feel confident that we will schedule as many before or after school/work appointments as possible!

"What if I'm not able to keep my appointment?"

We have a great telephone reminder service that will call you before your scheduled appointment and will give you a chance to let us know about any unexpected changes in your schedule! The advance notice will allow us to utilize that time for another patient. With 24 hour notice, we can change most appointments to a more convenient time at no charge.

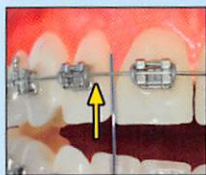
"What should I do if something comes loose or gets broken?"

Call us right away! We don't want you to wait until your next scheduled appointment. Repair of broken or damaged appliances may require more time than your next scheduled visit allows. It may be best to reschedule so that you will not be inconvenienced by the need for an additional appointment. We're never more than a phone call away your comfort is very important to US and we want you to know that we're always here when you need us!

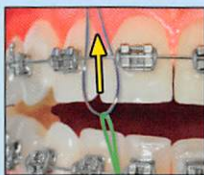
We appreciate being your orthodontic office and each one of our team takes great pride in doing all that we can to provide our patients with the best orthodontic experience available.

WELCOME TO OUR PRACTICE !

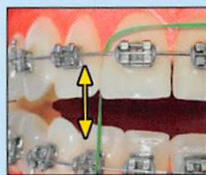
FLOSSING AND BRUSHING WITH BRACES



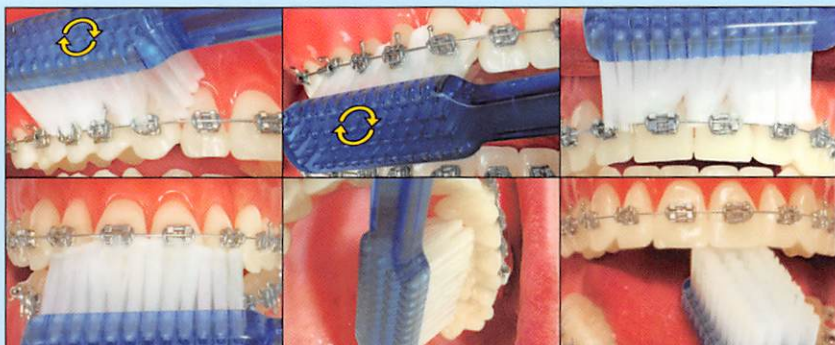
Floss daily!
1. Pass floss threader under the archwire.



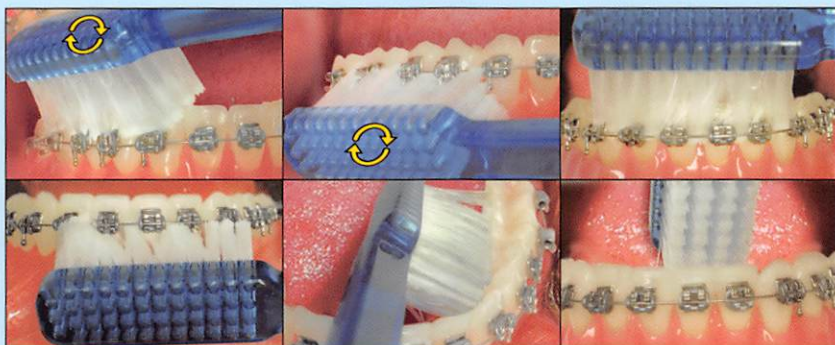
2. Pull up on the threader to get floss behind the archwire.



3. Gently clean sides of teeth and under gums with an up-and-down motion.



Use a soft toothbrush. Start brushing on the upper right. Brush above and below the braces using a small circular motion. Slowly work your brush toward the front teeth and over to the left side. Then brush the insides and biting surfaces. Take your time.



Starting on the right side, brush the outside of the lower teeth. Using a circular brushing motion, brush above and below the braces until the teeth and braces are sparkling clean. Work the brush slowly toward the front and left side. Then, brush the insides and tops of teeth.

AFTER BRACES

Excellent Brushing and Flossing



Healthy Gums, Beautiful Teeth

Poor Brushing and Flossing



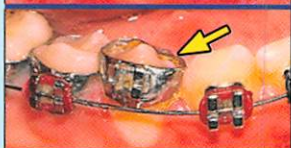
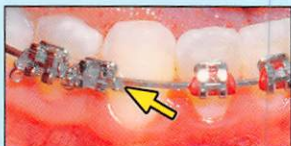
White spots on permanent teeth

Decay

Sore, Swollen Gums

PLEASE CONTINUE TO VISIT YOUR DENTIST REGULARLY WHILE YOU HAVE BRACES.

PROBLEMS AND SOLUTIONS



Loose Bracket or Band

Call for an appointment. In the meantime, if the bracket or band is still attached to the archwire, leave it in place. If uncomfortable, cover with wax. **Do not connect elastics to a loose band.** If it comes out completely, bring it with you to your appointment.

Lost Tie Wire Or Elastic Tie

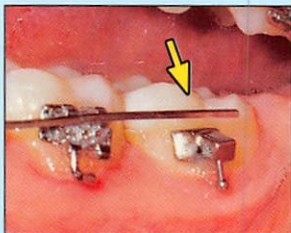
Please call to ask if an appointment is necessary. Notify the assistant at your next appointment.

Poking Archwire

Cover with wax or wet cotton. Call for appointment.

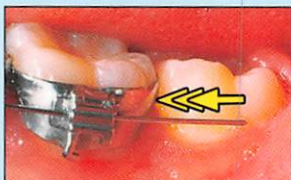
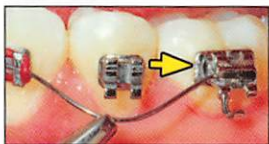
SORENESS from braces

Rinse your mouth with warm salt water. If necessary, take the pain reliever that you would use for a headache or similar discomfort.



Wire Out Of The Tube

Try to place wire back into tube with tweezers. Place wax if uncomfortable, call for an appointment.



Rotated Archwire

Try to slide wire back around to the other side. If unsuccessful, place wax and call for an appointment.



Sharp Or Irritating Area

Cover the irritating area with wax and call for an appointment.

Accidents Involving Teeth

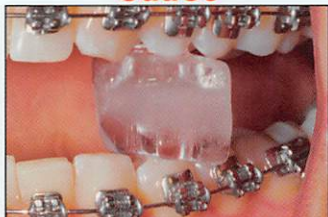
Call your dentist or orthodontist immediately!

Extensive repairs may require an appointment during morning hours. Please be careful with your braces.

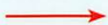
PREVENTING PROBLEMS WITH BRACES

Cause

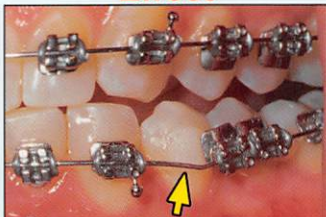
Effect



Biting Ice



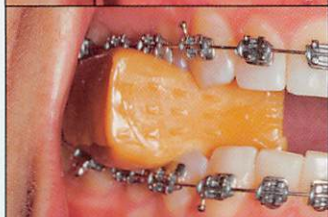
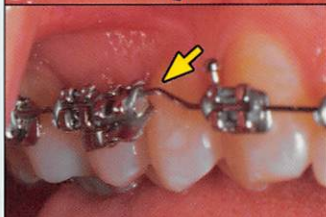
Bracket Loose



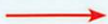
Chewing on Pens or Pencils



Bent Archwire, Bracket Loose



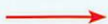
Chewing Caramel



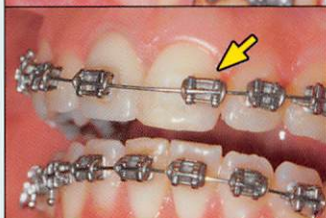
Band Loose



Biting Whole Apple



Bracket Displaced



Special Caution

Drinking sodas while you have braces may cause permanent damage to your teeth.



Sugar + Plaque = Acid → Swollen Gums + White Spots + Decay



Crunchy Granola Bar

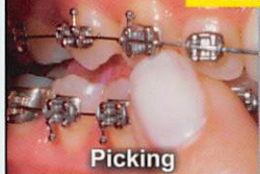


Popcorn



Hard Candy

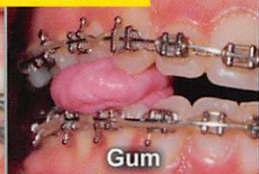
THESE CAN BREAK YOUR BRACES



Picking



Crunchy Foods



Gum

4 Things That Can Shorten Treatment Time

1) Keeping Your Appointments and Being on Time

Each missed appointment can lengthen treatment time by about a month.

2) Not Breaking Your Appliances

Broken appliances can stop or reverse treatment progress. *Please be sure to wear a mouth guard to protect your teeth and braces when participating in contact sports.* Extensive repairs may require an appointment during school or work hours.

3) Wearing Your Elastics and Appliances as Instructed

Your teeth won't move if instructions are not followed.

4) Keeping Your Teeth and Braces Clean

All efforts should be focused on designing your new smile, not on unhealthy teeth and gums. Clean teeth with healthy gums move faster.



Excellent
Brushing and
← Flossing



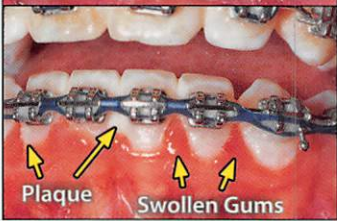
Beautiful Final
Result →



Poor
Brushing and
← Flossing



White Spots
and Swollen
Gums →



Unhealthy
Gums Caused
by Plaque
← Buildup



Decalcification
From Poor
Brushing →

If something is loose or broken, please call during office hours. It's best not to wait until your next appointment. Place any piece that comes off in an envelope and bring it with you.

Use this diagram to tell us what is loose or broken. →

In the unlikely case of discomfort that you cannot manage, we are available when you need us.

