



CONGRATULATIONS on getting your new braces! With a little help from you, the doctors and our staff will be able to make your orthodontic treatment an enjoyable and rewarding experience. Without your help, however, treatment time can be extended; your final result may not be as perfect as we have planned for it to be. Let's work together to assure that these things don't happen.

BE CAREFUL WITH YOUR BRACES.

Please take a moment to review the **BAND & BRACKET FOOD LIST** for a list of foods that commonly break appliances. Do not chew on pens/pencils, or open sports bottles with your teeth. **It's very easy to lose an entire month of progress with only ONE broken bracket...you can imagine the consequences of five or six loose brackets!**

CALL US IF SOMETHING SEEMS LOOSE OR BROKEN.

If we are unaware that something is broken, it may be impossible to fix the problem at your regular appointment. **The best way to avoid unnecessary appointments is to call us as soon as you are aware that something is wrong.**

TEETH THAT ARE MOVING CAN GET SORE.

Especially the first few days after getting your braces and after an adjustment appointment, your teeth may feel quite sore. They may even feel loose. This is normal, and by using warm salt water rinses, Advil, and wax on any rough spots, you will be able to ride out these short periods of discomfort.

PROPER BRUSHING & FLOSSING WILL KEEP YOUR TEETH & GUMS HEALTHY, AND KEEP YOUR BREATH SMELLING FRESH.

Don't forget to keep regular appointments with your family dentist. Unless we have said otherwise, we'd like you to have a checkup and cleaning every 4 months.

EMERGENCIES / AFTER HOURS.

If you have something giving you discomfort such as a wire poking, call the office and we will get you in to have it clipped. If you have an orthodontic emergency after hours, call the office and listen to the recorded message; an assistant is on call 24 hours a day. If you are in an accident and teeth are knocked out, go to the emergency room at the hospital.

APPOINTMENTS.

Be sure to keep all of your appointments so that your treatment will not be prolonged. If you cannot make an appointment, please give us plenty of notice.