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## **WE NEED YOUR ASSISTANCE WITH YOUR ORTHODONTIC TREATMENT**

### **To help us achieve the optimal result for you in treatment:**

\_\_\_ Please **follow all of the doctor and the staff's instructions**. If in doubt, please ask for help. This includes instructions for elastic wear and for removable appliances and retainers (which are required after treatment).

\_\_\_ See your **family dentist** for regular cleanings and check-ups throughout all orthodontic treatment.

\_\_\_ **AVOID BROKEN APPOINTMENTS:** Keep all of your appointments. Missed or cancelled appointments result in longer treatment time as the next open appointment time may be several weeks later.

\_\_\_ **AVOID DELAY DUE TO BROKEN APPLIANCES:** With proper care, it is possible to avoid breakage of your orthodontic appliances and braces. Broken appliances increase treatment time. The solution to prevent this added treatment time is two fold:

\_\_\_ **PREVENTION:** You will be given a "Brace Watchers Diet" to follow, which excludes sticky or hard foods. This diet will be reviewed with you and we ask that you follow it carefully. **There will be an additional charge of \$30.00 for repeated broken braces or appliances.**

\_\_\_ **DETECTION:** We will instruct you how to check for loose or broken appliances (braces). We ask that you check for loose or broken appliances daily when you brush your teeth. It is very important that you phone our office immediately if you have a broken appliance, even if you have an upcoming appointment. **Repeated failure to contact our office in advance will result in an additional charge of \$20.00.**

**This is our "Golden Rule": Call the office immediately if you have a loose or broken appliance.**

The clinician will advise you regarding:

- **Brace watchers diet:** Dietary guidelines regarding hard, sticky and sweet foods.
- **Prevent 5000+ prescription toothpaste:** Recommended during orthodontic treatment. This special toothpaste has a prescription level of fluoride for extra cavity and decalcification protection.
- **Dental hygiene grading system:** The patient will be given a grade at each appointment, on a scale of A to F. If the patient receives an "A", a green card will be placed in our fishbowl for a prize drawing. We have found that this serves as additional motivation for good hygiene.
- **Tooth brushing** recommendations regarding how and when to brush.
- **Flossing** instructions regarding proper care.
- **Other hygiene aids:** A *Waterpik* or electric toothbrushes are often helpful.
- **Identification** of the name and function of your appliance and the different parts of your orthodontic appliances. If you have braces, you should know the difference between brackets, bands, wires and ties.
- **Detection** of loose braces. Check your appliances daily.
- **How to apply wax, anticipate emergencies and what to do in case of an emergency.**
- **Regular updates:** The staff will plan to give you updates at each visit. Please let us know anytime you have questions and we will be happy to help you.
- **The use of our tooth brushing facility:** If needed, brush as soon as you arrive for your appointment. Your teeth should be clean and plaque-free for your appointments.