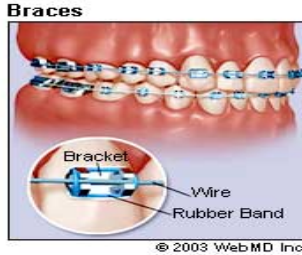


LET'S COOPERATE!

How would you like to get your braces off as soon as possible? Together you and I can make this happen, and quickly, too. I'll do my job if you'll do yours-
LET'S MAKE A DEAL!



THE DOCTOR'S JOB

*To be a good engineer, an encouraging coach, and an understanding doctor who tries to make treatment as comfortable for you as possible

YOUR JOB

- *To keep all appointments with us
- *To follow instructions carefully to prevent loose bands, brackets, broken wires, and appliances.
- *Phone immediately to let us know if something breaks or to inquire about an emergency appointment.
- *Practice good hygiene. Brush and Floss your gums because teeth move faster in healthier bone. This can help to get your braces off faster!
- Your neglecting any of these can lead to additional charges or the discontinuing of treatment**

Common Problems:

- "I just ran out of elastics"
- or
- "I took them off on the way here"
-
- "My night brace or retainer didn't fit so I couldn't wear it"
-
- "I had a little league game and forgot my appointment" or
"I have to change today's appointment"
-
- "The wire broke a couple of days ago"
-
- "I didn't know the band was loose"
- or
- "I don't know what is hurting me"

Solutions:

- Call for elastics because you must wear them continuously
-
- Appliances must be worn so phone immediately for an emergency appointment
-
- It is important that we see you every month or as indicated by the doctor. Call immediately to reschedule your appointment.
-
- Call immediately for an emergency appointment
-
- We are happy to answer all of your questions and want you to learn to identify and feel sudden changes in your appliances



- *Must brush/Floss at least 3 times a day, after meals
- *Follow the Daily Gum Workout
- *Rinse with PhosFlur every night (after brushing)

DAILY GUM WORKOUT:

- 1) Wet 2 tablespoons or so of baking soda with enough Hydrogen peroxide to form a thick paste
- 2) Use a rubber tip (found on the end of some toothbrush handles) to massage the paste between teeth and gums on front and back
- 3) Again massage teeth and gums but this time use toothbrush
- 4) Add enough salt to a glass of warm water so the salt remains at the bottom even after stirred
- 5) Rinse mouth vigorously with this solution



prevention



AVOID

- | | |
|------------------------|----------------------------|
| *Corn chips (any kind) | *Thick Pretzels |
| *Gum, Taffy, Starburst | *Thick/hard rolls & bagels |
| *Caramels | *Biting into apples |
| *Nuts | *Ice |
| *Gummy bears | *Jelly Beans |
| *Snickers, Milky way | *100 Grand |
| *Now & Laters | *Sour Patch Kids |
- Avoid all sticky, chewy candy and biting into hard foods!!

THE CHOICE IS YOURS!

- **Remember** Orthodontic treatment is not being done *for* you or *to* you, but is being done *with* you. We're just as anxious to get the "tinsel" off your teeth as you, but we can't do this until your teeth are ready. Your sincere effort to cooperate will encourage us to continue treatment and make the time, cost, and effort involved much more worthwhile.