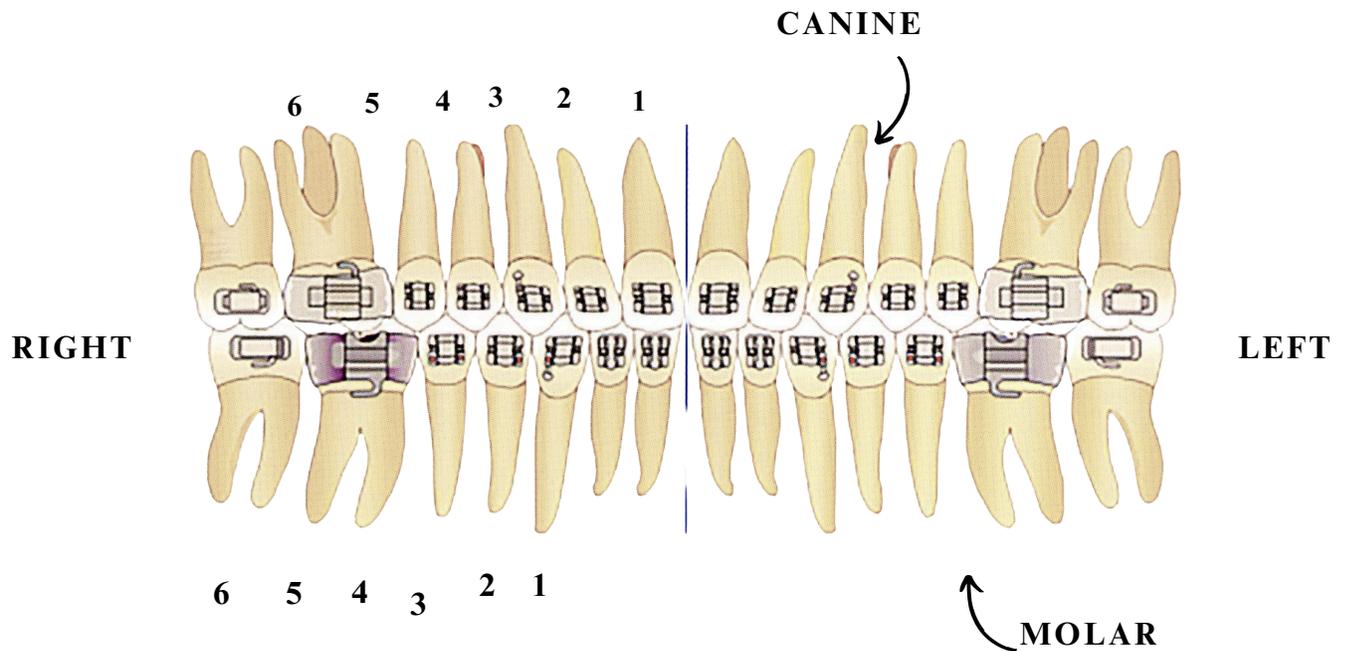




ELASTICS INSTRUCTIONS

Elastics play a crucial role in correcting your bite. They are tailored to each individual patient, so it's essential to wear them exactly as instructed.

- Consistent wear is key to finishing on time and achieving the best result possible.
- Always carry extra rubber bands so you can replace broken ones immediately. More rubber bands can be picked up at the office, please call us when you need more.



TYPE OF ELASTICS _____

LENGTH OF WEAR _____



RETAINER INSTRUCTIONS

Retainers are essential for maintaining the alignment of your teeth and the stability of your bite. To help prevent any shifting, those trusty retainers are your lifelong sidekicks!

HOW TO WEAR YOUR RETAINER

- Center it over your teeth and use two fingers to gently push it evenly and completely onto your teeth.
- Use both hands to gently tease the retainer from both sides simultaneously. Avoid removing it from just one side to prevent cracking.

CARE INSTRUCTIONS

- After brushing your teeth, use your toothbrush with toothpaste and give it a thorough clean.
- Retainer Brite is an effective solution for deep cleaning retainers.
- Always place your retainer back into its case after removing it.

WHAT NOT TO DO

- Avoid boiling, microwaving, or soaking it in vinegar.
- Avoid leaving it in direct sunlight, near pets, or wrapped in a napkin.



LENGTH OF WEAR _____

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CLEAR ALIGNERS

Congratulations on taking the first step toward straight teeth with clear aligners! This guide will provide helpful information to make your experience with clear aligners easier, showing how they can fit into your life seamlessly.

WEARING INSTRUCTIONS

- Aligners are to be worn full time with the exception of eating and cleaning your teeth.
- When aligners are not in place, your teeth will shift back to their original positions.
- Wear aligners 20-22 hours a day and 7 day changes.
- If you didn't achieve 20 or more hours in a day, make up for the time.
- Remove the aligners from the inner back molars. (see images below)



ATTACHMENTS

- Attachments play a crucial role in ensuring a secure fit for your teeth. If any attachments come loose, be sure to call for assistance to receive the best care possible.

CHEWIES

- Aligner chewies are spongy cylinders that help clear aligners fit snugly on teeth.
- To use, insert the aligners, place the chewie between teeth, and bite down gently. This ensures proper seating of aligners and effective tooth movement.

CLEANING

- After brushing your teeth, use your toothbrush with toothpaste and give it a thorough clean. Do not boil.
- Retainer Brite is an effective solution for deep cleaning retainers.

OTHER IMPORTANT THINGS TO KNOW

- If you happen to lose or damage an aligner, be sure to give us a call so we can discuss the next steps.

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TREATMENT INSTRUCTIONS

Congratulations! Now that you've embarked on your orthodontic journey, there are several steps you can take to enhance the speed and effectiveness of your treatment.

CARING FOR YOUR APPLIANCES:

- Brush your teeth twice daily for 2 minutes each arch and don't forget to floss daily.
- Do not use your fingers to get food out. Picking at your braces will cause your braces to break off.

EATING WITH BRACES

- Slice your food into small, manageable pieces and chew using your molars. It's best to steer clear of foods that are crunchy, sticky, or overly chewy.

BROKEN BRACKETS

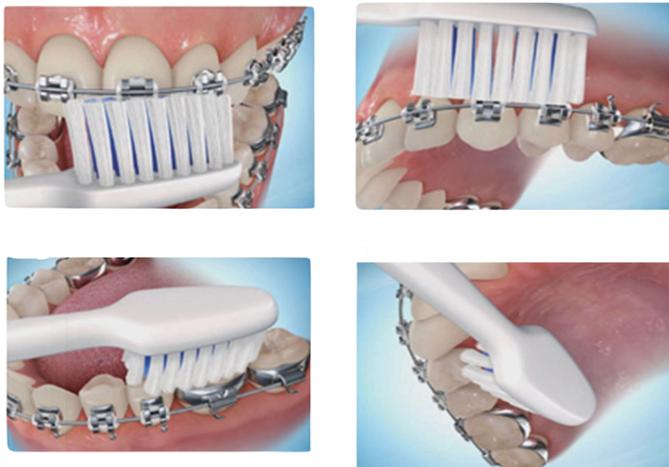
- If a bracket becomes detached, please contact the office to arrange for it to be reattached. Having loose brackets can result in extended treatment time.

POKEY WIRES

- Wires may shift and poke your cheeks and lips, especially in the initial months of treatment as your teeth straighten. Use wax as needed to help with discomfort.

BRUSHING TECHNIQUES

ANGLED BRUSH



BRACKET

BANDS

ARCHWIRE

ELASTIC COLOR TIE



CHEWY/STICKY FOODS

POPCORN

ICE CUBES

TEAR TOASTED BAGELS INTO PIECES

THICK CHIPS

CORN ON THE COB

PIZZA CRUST

CUT STEAMED VEGETABLES INTO SMALL PIECES

CUT FRUITS INTO PIECES

FOODS TO BE CAUTIOUS OF:

NO CHEWING ON MOUTH GUARDS

HARD TACO SHELL

REMOVE MEAT FROM BONE

NUTS

HARD CANDY

CARAMEL

HARD COOKIES

GUM

STAY CONNECTED WITH US ON SOCIAL MEDIA!





FIXED EXPANDERS

Expanders serve multiple purposes, including correcting a cross-bite, creating space for teeth, and assisting in broadening the dental arch.

HOW IT WORKS

- Turning the expander with the key allows the bone and teeth to be gently pushed out.
- It moves 0.5mm each time you turn it.

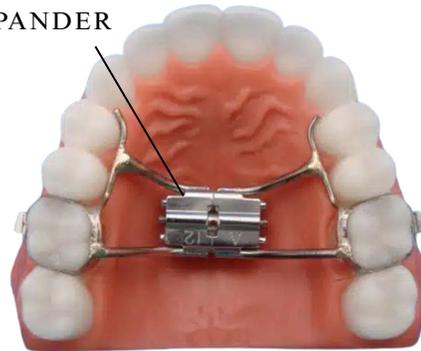
HOW TO TURN EXPANDER

- Insert the key into the hole positioned at the center of the appliance, then push it towards the back of the mouth until you reach the next hole. Refer to the image below for guidance.

CARE INSTRUCTIONS

- Make sure to clean your expander, teeth, and gums thoroughly. Using a Waterpik can be quite beneficial.
- Don't use your finger to "pick" at your appliance.
- Refrain from consuming hard, crunchy, or sticky foods.

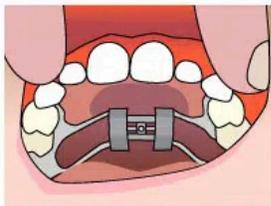
EXPANDER



COMMON "CHALLENGES" THAT TYPICALLY REQUIRE 3-7 DAYS TO ADJUST TO:

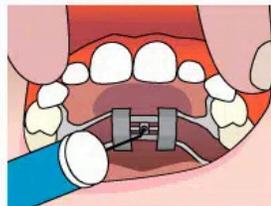
- It is hard to talk and eat with the expander
It may be hard to swallow and could produce more saliva than normal

STEP 1



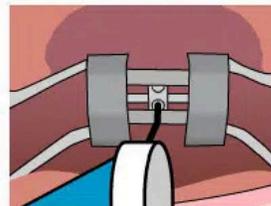
WITH GOOD LIGHTING
TIP THE HEAD BACK

STEP 2



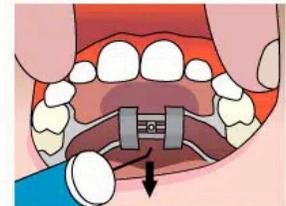
INSERT THE KEY YOU RECEIVED INTO THE DESIGNATED SLOT OF THE APPLIANCE

STEP 3



PUSH THE KEY TO THE BACK OF YOUR MOUTH UNTIL YOU SEE THE NEXT OPENING IN YOUR APPLIANCE

STEP 4



PRESS BACK AND DOWN TOWARD THE TONGUE TO REMOVE THE KEY.

PLEASE TURN THE EXPANDER _____ TIMES

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FIXED EXPANDERS



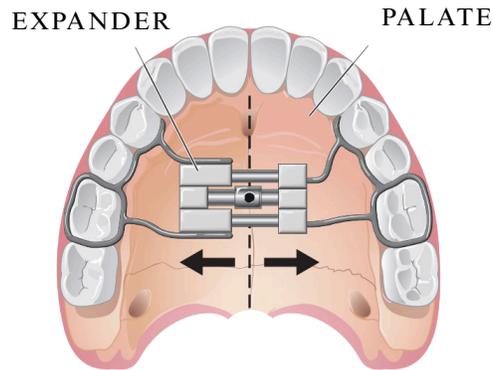
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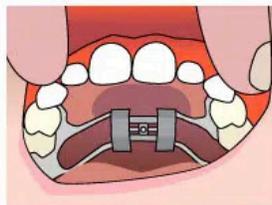
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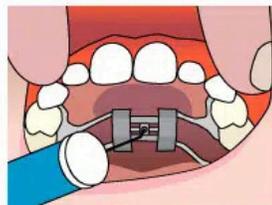
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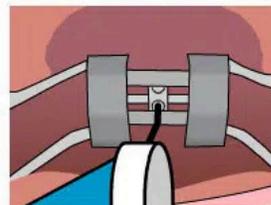
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STEP 2



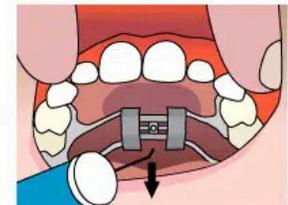
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