

4 Things That Can Shorten Treatment Time

1. Keep Your Appointment And Being On Time.

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

2. Not Breaking Your Appliances.

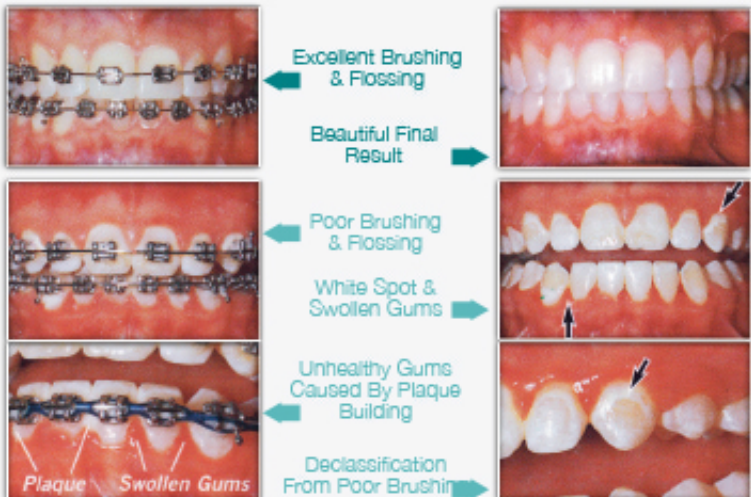
Broken appliances can stop or reverse treatment progress. Please be sure to wear a mouth guard to protect your teeth and braces when participating in contact sports. Extensive repairs may require an appointment during school or work hours.

3. Wearing Your Elastics and Appliances as Instructed.

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

4. Keep Your Teeth and Braces Clean.

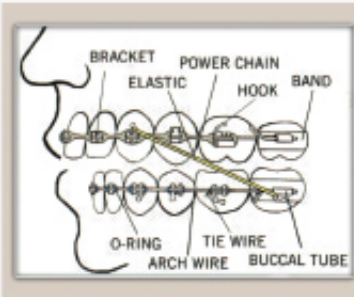
All efforts should be focused on designing your new smile, not on unhealthy teeth and gums. Clean teeth with healthy gums move faster.



If you are not able visit the orthodontist immediately when you a problem with braces, you could use the following tips handle the problem until your appointment.

Place any piece that comes off in an envelope and bring it with you. *Use the 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.



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A Smile Is Worth

A Thousand Words

Preventing Problem With Your Braces

CAUSE

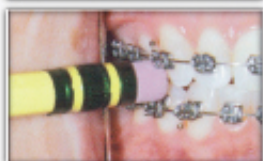
EFFECT



BITING ICE



Bracket Loose



CHEWING ON PENS OR PENCILS



Bent Archwire, Bracket Loose



CHEWING CARMEL



Band Loosened



BITING WHOLE APPLE



Bracket Displaced



These can break Your Teeth



Nuts



Popcorn



Hard Candy



Picking



Crunchy Foods



Gum

SUGAR + PLAQUE = ACID ➡ SWOLLEN GUMS + WHITE SPOTS + DECAY

SPECIAL CAUTION

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

