

Congratulations! You have chosen orthodontics to help improve your smile and your bite. We are glad you have decided to become an orthodontic patient of ours and we look forward to working with you during your treatment. Your cooperation and compliance are necessary to help us achieve our treatment goals. The following is a list of basic instructions designed to help you keep your treatment effective and on schedule. Please keep this list handy for future reference.

1. PLEASE KEEP YOUR SCHEDULED APPOINTMENTS – successful orthodontic treatment requires regular adjustments and observation. Typically, appointments are every 6-8 weeks, depending on the specific tooth/teeth movement we are expecting. If you must cancel an appointment, please call our office **in advance**, and reschedule. Missed appointments will result in prolonged treatment time.
2. ORAL HYGIENE is extremely important. We suggest that you brush your teeth thoroughly (for at least **3** minutes) 3 - 4 times every day. Braces do **not** cause tooth decay or gum disease. Inadequate brushing, however, will lead to swollen, bleeding gums as well as gum disease (gingivitis), permanent markings on the teeth (decalcification), and cavities, etc. It is possible to floss with braces on your teeth - let us show you how.
3. Please use a small pea-sized amount of the **PREVIDENT 5000 FLUORIDE TOOTHPASTE** before bedtime. No rinsing, eating, or drinking for 30 minutes after using. Complete instructions are included with the toothpaste.
4. Please avoid sticky and hard foods which will damage your appliances:
Food needs to be cut into bite-size pieces, including fruits and vegetables and any meat on the bone needs to be cut off.

HARD FOODS – ice cubes, nuts, popcorn, hard candy, frozen candy bars & hard chips, etc.
STICKY FOODS – taffy, caramels, gummy bears, Starbursts, Skittles, etc.

This list is merely a guide and not meant to include every hard and sticky product available. Please use common sense and ask if you are not sure.
Please **do not** chew on **PENCILS, FINGERNAILS, and PEN TOPS.**
5. **We recommend you visit our website**, there you will find valuable information regarding your treatment. You can find us on the web at www.osstl.com, click on the Patient Info Tab and you will find a list of common problems, emergency info, foods to avoid, and oral hygiene instructions.
6. Chewing **SUGARLESS** gum is permitted and encouraged. Please chew one piece at a time. Please do not chew hard shell gum.
7. Orthodontic adjustments may cause some discomfort or tenderness for 3-4 days following each appointment. Eating soft foods or chewing SUGARLESS gum will help. Taking either Tylenol or Advil will also help, provided you are allowed to take such medications.
8. You may use the soft wax we provide to cover any bracket edges, wires, or other parts of the appliances, which may be irritating to your lips and/or cheeks.
9. Please visit your dentist and have your teeth thoroughly cleaned and examined **every 6 months** unless more frequent cleaning appointments are necessary.
10. **COMMUNICATION AND COOPERATION ARE THE KEYS TO SUCCESSFUL ORTHODONTIC TREATMENT. AS ALWAYS WE ARE HERE TO HELP.**