

ACKNOWLEDGEMENT

I hereby acknowledge that I have received, read, and fully understand the instructions provided to me by My Braces Doctor, P.C. I further understand that it is essential that I follow the instructions stated here within. I understand that if I do not follow these directions and instructions carefully, the orthodontic treatment may be compromised. In such case, I hereby agree not to hold the orthodontists liable for any and all compromised treatment. .

Patient Name

Date of Birth

Signature of Patient/Parent/Guardian

Date

Witness

Date

ORTHODONTIC SPECIALISTS

Nadia N. Sina, D.M.D., M.S.

Hilda Oweisy, D.M.D.

(MEMBER, AMERICAN ASSOCIATION OF ORTHODONTICS)

Our Different Locations

3925 Old Lee Hwy., #51 C
Fairfax, VA 22030

4300 Plank Rd., #230
Fredericksburg, VA 22407

10630A Crestwood Dr.
Manassas, VA 20109

6525 Frontier Dr., Ste. C
Springfield, VA 22150

(703) 877-0990

“We have an office near you!”

Please come visit us on the web:

www.MyBracesDoctor.com

With other inquires, please e-mail us:

MyBracesDoctor@gmail.com

Now that you or your child has entered orthodontic treatment, here are a few hints to help you get through the first several days with a minimum of discomfort.

GENERAL SORENESS:

General soreness in the mouth is common. This condition can be relieved by rinsing with warm salt water, before and after each meal. Up to 2 Tylenols may be taken every 4 hours if tenderness is severe. This should end by the third or fourth day. Sores or ulcers may appear in areas of the mouth that are in close contact with braces or ends of the wires. These ulcers will heal within 7-10 days but may recur throughout the orthodontic treatment. If any of your braces fall off, place it in an envelope and bring it to the next appointment. .

LOOSENING OF THE TEETH:

Loosening of the teeth is a common occurrence throughout the treatment period. This should not upset you or your child. The teeth will again become rigidly fixed following removal of appliance. They must loosen first so that they can move to their new positions.

ATHLETICS:

When taking part in athletic sports, it is important that you consult with your orthodontist so that special precautions can be discussed to be taken. It is extremely important to purchase a mouth guard to prevent any injuries. If an accident occurs in which a blow to the face is taken, check the appliances immediately. If loosening of the teeth has occurred, call for an emergency appointment at once and take Tylenol for any discomfort.

IRRITATING WIRE:

Playing with appliances should be avoided. If a wire is irritating or poking out, take a blunt instrument (back of an eraser or end of a pencil) and carefully tuck the irritating wire in and out of the way. If irritation on the lips, mouth, or cheeks continues, place a generous amount of wax or wet cotton on the wire so abrasion can be cut down. You can place a strip of wax between your lips before falling asleep. Finally, you can use a nail clipper to clip any part of the wire poking any part of the gum or lips.

LOOSE WIRES:

If a wire or band becomes loose in the mouth, do not become alarmed; this happens occasionally. Please call our office and make an appointment to have the appliances checked. If any piece comes off, place it in an envelope and bring it with you to the appointment.

EMERGENCY APPOINTMENTS:

An emergency appointment may be when there is pain. In general an emergency appointment is made because there is a broken arch wire, or something sticking out that cannot be taken care of at home. **IT IS VERY IMPORTANT TO LEARN THE PARTS OF YOUR APPLIANCES.**

BROKEN APPLIANCES:

Treat your appliances as expensive as fine jewelry, because in a real sense, this is what they really are.

IF YOU HAVE A BROKEN APPLIANCE, please let us know well-in-advance of your appointment. This will allow us to schedule the additional time necessary to repair the braces. The short, after-school appointments provide only enough time to adjust the braces.

If there is something loose or broken, we will try to make you as comfortable as possible and repair the part immediately. Please schedule enough time so our staff and doctors can properly repair your appliance. In that we can do the repairs correctly without having to rush or run behind on our schedule. We do not want to keep you or others waiting while we are making unscheduled repairs.

Our goal is to provide you with the best possible personalized treatment. You can help keep us on that track by letting us know if you will need more time and attention.

So if you suspect something is loose or broken, please give us a call right away. We want you to be happy with our services, not disappointed. We appreciate all of your help!

BRUSHING:

Permanent stains, cavities and gum disease are all caused by bacteria that live on the surface of the tooth in a colorless, sticky substance called Plaque. Plaque must be removed 4 to 5 times a day. (BRACES MAKES IT HARDER TO REMOVE PLAQUE). Brackets, bands, and arch wires create nooks and crannies that are hard to reach; therefore more time will be needed to brush properly. The brush should be placed against the teeth at an angle. The bristles should be pushed under and over the wire and between the teeth.

The teeth should be brushed within 10 minutes after eating. The brush should be vibrated and moved in small circular motions in each part of the mouth. This should be done from above and below the arch wires. Scrub all over the braces, teeth, and gums in a circular motions and do not forget the tongue side and chewing surfaces.

When brushing is finished, the braces should be shiny and the gum margins should be distinct.

REMEMBER: Brush when you get out of bed, after each meal/snack, and before going to bed.

FOOD INSTRUCTIONS LIST

Please keep this page on the outside of your refrigerator.

Orthodontic Diet Control

Since you have received your orthodontic appliances/braces, it is very important that you take special precautions against loosening or breaking any arch wire, band, or brackets. This will also help insure smooth progress and AVOIDS ANY DELAYS IN TREATMENT AND /OR EXTRA CHARGES.

PLEASE FOLLOW THIS LIST CAREFULLY:

ABSOLUTELY NOTHING HARD, STICKY, CHEWY, OR CRUNCHY!!

OMIT THE FOLLOWING FROM DIET:

- CANDY: LOLLIPOPS,
- CARAMELS
- PIZZA: SMALL PIECES ARE OK
- POP-CORN
- ICE POPS/ICE CUBES
- HARD TACOS/CHIPS
-
- CANDY APPLES
- CORN CHIPS
- HARD PRETZELS
- PEANUT BRITTLE
- ANYTHING THICK OF DOUGHY

FOODS THAT NEEDS TO BE CUT BEFORE EATING:

- APPLES
- PEARS
- PEACHES
- PLUMS
- VEGETABLES (CARROT, CELERY, ETC.)
- MEAT (CHICKEN, STEAK, ETC.)
- CORN ON THE COB
- BACON

IF THERE IS ANYTHING THAT IS NOT ON THE LIST THAT YOU THINK WILL BREAK OR LOOSEN YOUR APPLIANCES/BRACES, PLEASE OMIT THEM FROM YOUR ORTHODONTIC DIET.