



## NEW PATIENT SUCCESS AGREEMENT: BRACES

Below is a list of ideas and recommendations to aid you in the success of your orthodontic treatment. Good luck, I know you will be great! If you have any questions, please be sure to contact our office.

- \_\_\_ **HOME CARE KIT:** This is a complete kit full of lots of dental hygiene items. In it you will find instructions, a toothbrush, floss, and wax to help you with your home care.
- \_\_\_ **BRUSH YOUR TEETH 4 TIMES A DAY:** Brushing your teeth FOUR (4) times a day or each time you eat is sure to keep your smile bright and healthy. Keep your toothbrush handy by putting the travel one from your kit in your purse, locker, backpack, suitcase, etc.
- \_\_\_ **PROXY BRUSH & FLOSS THREADERS:** Sometimes it's hard to get all of the nooks and crannies clean when you wear braces. The Proxy Brush can help because it is able to clean those hard to reach places, and the Floss threaders will simplify flossing as well.
- \_\_\_ **FOOD LIST:** Did you know there are certain foods you should avoid when wearing braces? On the next page is a list of some of those items. Please post this list on your refrigerator and your braces will thank you!
- \_\_\_ **WAX:** If you have a wire that is poking, scratching, or rubbing your cheeks or lips, put some wax on it. Simply soften the wax between your fingers and place it over the area that is bothering you. This will keep you comfortable until you get a chance to come into the office. Should you run out of wax before you can come in to see us, major drug stores usually carry orthodontic wax and you can always ask us for more the next time you're here.
- \_\_\_ **ACHINESS:** There may be a dull, achy sensation after getting your braces on as well as after each adjustment appointment. You can take Motrin or Tylenol, or whatever you normally take for a headache or muscle aches to relieve this discomfort.
- \_\_\_ **BREAKAGE: NOTIFY THE OFFICE!** Accidents happen; if you break a brace, band, or wire, please call the office immediately. We will schedule an appointment to repair your braces because we want to keep your treatment on track.
- \_\_\_ **EMERGENCY:** If you experience extreme pain, swelling, or have an injury, please contact our office immediately!
- \_\_\_ **APPOINTMENTS:** Dr. Khakhria will request appointments at specific intervals to keep your treatment progressing toward your bright new smile. It is important to keep each appointment. However, if you must cancel an appointment, please call our office ASAP and we will reschedule the appointment. Please note that excessive cancellations can prolong your orthodontic treatment, so make it a priority to keep all your appointments.
- \_\_\_ **HYGIENE:** During your treatment you should continue to visit your Dentist every six (6) months for a checkup as well as a cleaning by your Hygienist.
- \_\_\_ **BUSINESS CARD:** Our business card is your lifeline to our office. Please keep in a safe place so you can easily find our phone number in case you have questions or an emergency.
- \_\_\_ **SPECIAL APPLIANCE INSTRUCTIONS:**

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\_\_\_ **PATIENT PROGRAMS:**

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# FOODS TO AVOID

## WE NEED YOUR HELP!

You are now wearing appliances that will give you a spectacular new smile for life. But we cannot achieve this result without your help! In addition to wearing your appliances and maintaining proper oral hygiene, we must also stress that there are certain foods you will need to give up, at least for the time being. Please refer to this card if you have any questions, and note that this is only a partial list. If there is a food of which you are uncertain, please call us at 954-866-1995 and run it by us. As your orthodontic partner, we will support you and help keep you on your way to a healthy, happy smile!



Hard breads

Popcorn/Pretzels

Apples

Taco shells

Fruits with seeds



Raw carrots-Celery-Cauliflower

Ice

Anything with nuts

Corn chips/Cheetos

Corn on the cob

Gum of any kind

Sticky or hard candy



**\*Please do not chew or bite nails, pens, pencils, ice-cream sticks. Remember, every broken bracket could add 6 weeks to your treatment time!**

PLEASE PLACE THE FOOD LIST ON YOUR KITCHEN REFRIGERATOR