

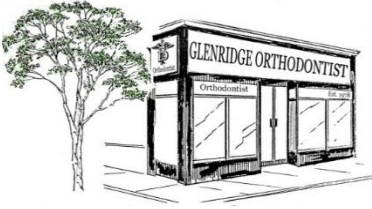
Smile Today Orthodontist

Group Practice of Board Certified Orthodontists Dr. Evanthia Peikidis & Dr. Vincent Bilello

Glenridge Orthodontics 65-34 Myrtle Avenue, Glendale, New York 11385, (718) 386-8728

Smile Today Orthodontics 64 New Hyde Park Road, Garden City NY 11530, (516) 265-1536

www.SmileTodayOrthodontics.com Email: info@GlenridgeOrthodontics.com



YOUR BRACES Congratulations, you have made the big decision to get braces. The following information will help make your orthodontic treatment as easy as possible. Please make sure to ask us to sign up to our “Dolphin myOrthodontist” app to view all of your past and future appointments, photos and payments entered into our system. Our goal is to give you the best smile possible. In order to accomplish this, we will need your help!!



It is important for you to know that the build-up of plaque on the teeth or around the braces can easily cause gum disease, cavities, or permanent marks (white spots) on the fronts of your teeth. With braces, it will take you a bit longer to brush your teeth properly. Colgate Phosphor fluoride rinse should be used to protect your teeth with braces We sell it in the office for \$12.00 total, same cost as CVS.

The Oral-B Genius Pro Electric Toothbrush with Bluetooth Connectivity is a great way to keep your teeth clean. We do sell in our office for \$99.00. This can be added to your contract to be paid off over 10 months. It is \$125.00 on amazon (when inc tax). There is a \$20 REBATE from Oral-B (ask us for it or its also online) so it will end up costing you \$79.00.



Brushing tips:

Use a soft toothbrush. Brush your teeth with circular motions. Always inspect your teeth and gums to make sure there is no fuzzy plaque. If your gums bleed, this is a sign of gingivitis and you will need to brush better. Don't brush harder, only longer in circular motion. You are polishing your teeth.

You should always brush your tongue as many bacteria and food latch on. This will help to make your breath smell better. After brushing, rinse your teeth thoroughly with water. Take a good look at your teeth and braces in the mirror. Each brace should look shiny and all the teeth should be free of plaque or food. If you see any places that were missed, quickly brush that area again with only the toothbrush and water. Toothpaste will only block your view.

Cleaning Between the Teeth:

One of the hardest areas to keep clean is between the teeth and under the wire. If you angle your soft tooth brush into the braces and gums at a 90 degree angle, you will be able to keep this area clean. Most important to inspect your teeth/braces after brushing.

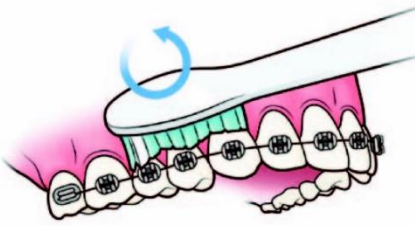
<http://www.bracesquestions.com/braces-videos/brushing-braces.html> Brushing with Braces Video

<http://www.bracesquestions.com/braces-videos/flossing-braces.html> Flossing with Braces Video

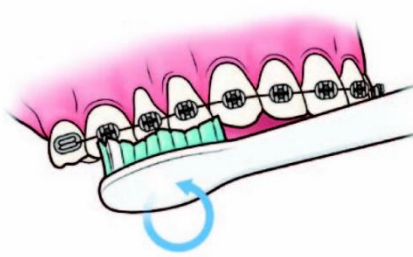
How Often Do I Need to Brush:

In order to make sure your teeth and gums stay healthy and old good when the braces are taken off, you need to brush at least three times each day. Ideally, in the morning, afternoon (or after school), and before going to bed. You should spend at least 5 minutes each time you brush.

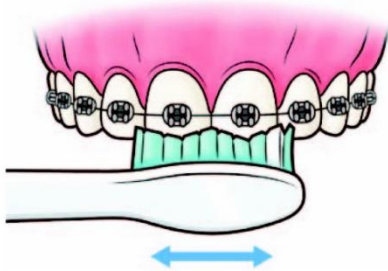
Right Side Above Braces



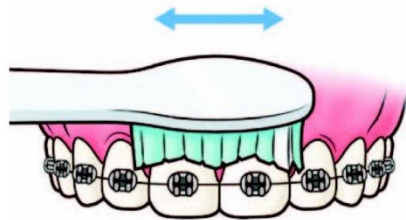
Right Side Below Braces



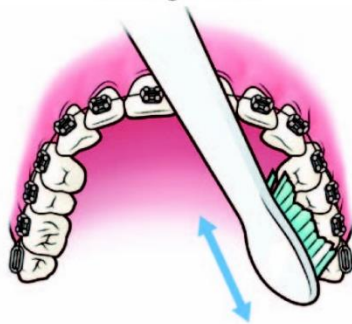
Front Above Braces



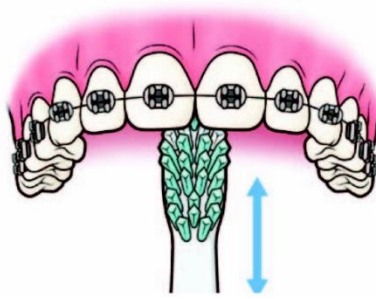
Front Below Braces



Chewing Surface



Lingual



REPEAT on Bottom Teeth

Consequences of Poor Brushing:

If you don't do a good job when you brush and/or don't brush often enough, the consequences can be terrible. When the braces are taken off, what can be left are ugly, red swollen gums, and holes or permanent white spots on the fronts of teeth. All of this can be avoided with good brushing from the start.

Clean Teeth for Appointments:

Please brush your teeth well before every appointment. It is very difficult as well as unpleasant to work on dirty teeth. We will grade your brushing at each appointment...and we are strict. Don't be offended or discouraged if we criticize your brushing. We are only trying to make sure you will have the best smile after the braces are taken off.

You need to see your general dentist every 6 months for checkup and cleaning when undergoing orthodontic treatment. You should see your general dentist a few months before getting braces.

Two weeks after getting braces off, you should visit your general dentist for a cleaning and checkup.

Discomfort

What to Expect From the Braces:

It is expected that there will be some initial soreness after new wires are placed, rubber bands are started, or a headgear is started. The teeth will slowly begin to move and you will feel some pressure on them. Usually, the soreness and pressure will go away after a few days.

Helpful Hints for Soreness:

If you feel pressure of soreness after an adjustment, do not go to a completely soft diet. Try to eat normal foods which will help to make the pain go away quicker. Chewing sugarless gum has also been found to help make the soreness go away quicker.

Cold Seltzer: Keeping cold sugar-free seltzer water in your mouth for a few moments before drinking it will give you immediate relief from pain. This relief has been known to last for about 20 minutes. At home, fill up a

jug of seltzer to leave in the refrigerator to have a constant supply of seltzer water. You can fill up a thermos with ice to bring to school. This will give you relief from any pain without need for medication.

We Recommend Eating Soft Foods but try and test with “normal foods”:

Ice Cream, Applesauce, Mashed Potatoes etc.

If needed, you can have your parents give you Advil, Tylenol, or Aleve until the soreness decreases (1-2 days only) use which ever works best for headaches.

Lip, Cheek, or Tongue Irritation:

If one of the braces is causing irritation to your lips, cheeks, or tongue you should take a small piece of the soft wax we gave you and place it on that brace. If this does not help and the irritation does not go away after a couple of days, please give us a call. You can also use sugarless gum instead of wax, if you do not have any wax handy.

Eating Habits

Each brace is checked after it is put on to be certain it is firmly attached to the tooth. Biting into hard or sticky foods as well as hard objects can cause enough pressure to loosen a bracket or a band and even bend the wire. All of this can cause your teeth to move in the wrong direction.

Foods Which Are Not Allowed:

In general, you need to avoid foods and/or candies, which are hard or chewy. For example, you should stay away from caramels, taffy, licorice, hard rolls, Italian bread, bagels, and hard candy. You should not bite into hard objects such as pens, pencils, eyeglasses, toothbrushes, silverware, and ice cubes. Do not eat meat off the bone! We have included in this handout a separate detailed food list. Please read it carefully and keep it for reference. It is not just what you eat, but how you eat it that will break the braces or wires.

Gum Chewing:

Yes, you are allowed to chew gum. However, it must be sugarless stick gum such as Extra, Trident, Carefree, Orbit, Freedent, or Soft Dentyne Gum. **Do not chew large, thick pieces of gum such as Bubble Yum. This is too thick and will damage the braces. Do not chew hard gum with a waxy shell.**

Emergency vs. Non Emergency

If a brace comes loose, please call as soon as you can during our normal office hours. We need to know so that we can make a longer appointment to fix the brace. If you come in with a loose brace without telling us, we probably will not have time scheduled to fix it and you may have wasted a trip to the office. A loose brace generally is not an emergency, but we will try to schedule an appointment as soon as possible to fix it. If one of the back bands comes off, please bring it with you to the appointment.

If a wire has shifted, broken, or come out and is stabbing you, please give us a call immediately. This is an emergency. Use the wax if it will help. If for any reason something is giving you excess pain and is not merely the initial discomfort from a new wire, please call the office immediately.

<http://www.glenridgeorthodontics.com/emergency-care.html> ←Go to our website for more information.

<http://www.bracesquestions.com/braces-videos/braces-problems.html> ←Problems with braces video.

Finishing On Time

In order to finish in the amount of time we estimated at the beginning of treatment, we will need the following:

- Good cooperation with headgear and/or elastics
- Good attendance at your appointments
- Minimal broken appliances
- Good brushing

If you are poor in any of these areas your treatment time can be extended several months even a year!

Other Foods You Should Not Eat: Whole carrots (must be sliced and diced) No Baby Carrots unless cooked.

Corn on the Cob (cut the corn off the cob to eat it) Frozen

Peas – No eating frozen peas unless cooked

Bagels (any type) No Toasted bagels, (If you rip and tear small pieces with your fingers you can eat it).

Hard Rolls or Bread (Italian Bread) Only the soft inside, or if the bread is soaking in sauce.

Submarine Sandwiches (Subway sandwiches are okay, just non toasted bread.)

Ice cubes (**Do not chew on ice!**)

Olives with pits, Beef Jerky, **no meat off bone**

Candy You Can Eat: Sugarless Stick Gums Chocolate

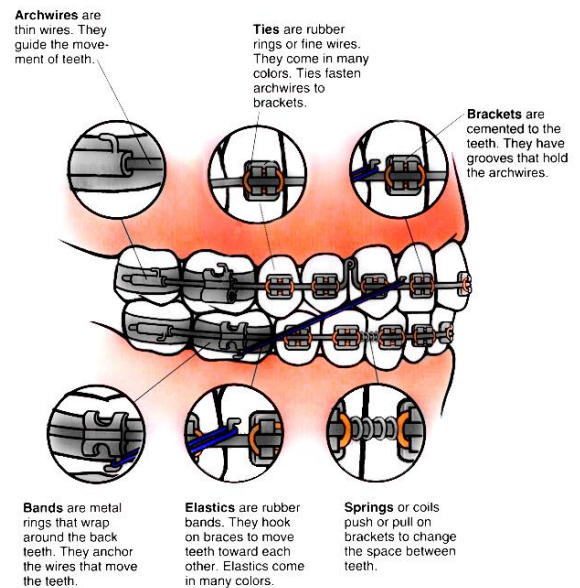
Covered Fruit such as raisinets

Cough Drops (for colds only, do not chew!) Hershey Bars,

Peanut Butter Cups, Mint Patties

M&M's (no peanuts or almonds), Potato chips, Nachos,

Doritos.



In order to ensure quality orthodontic care, it is imperative that both parents/guardians and patients understand the manner in which we reserve your appointments. Our goal is to be the best part of your day. We make it a top priority to value both you and your time. That's why we make every effort to stay on schedule. Most parents/guardians work and all children attend school. Inconveniencing your work schedule and interrupting your child's studies as infrequently as possible is very important to our entire office. Since the vast majority of our patients are of school age, it is unavoidable that some school-time appointments will be necessary.

In order to be fair to all patients, we maintain a consistent schedule. We will be glad to work around certain classes that are very important or ones in which your child may be having difficulty. We provide your child with school excuses for scheduled orthodontic appointments and it is important for your child to turn these in to the appropriate school official.

We want you to know that our staff will work hard to provide the finest orthodontic care in the most convenient scheduling system possible for you and your child. We also have families and children and understand your scheduling concerns and will do everything we can to ensure that your child's treatment goes as smoothly as possible.

- **SHORT APPOINTMENTS:** These are normally scheduled adjustment and records appointments usually after school, evenings or Saturdays depending on availability. We are better able to accommodate patients with an appointment with their preference 4 weeks before their next needed appointment. We may not be able to schedule you a convenient appointment if one is needed right away for a non-emergency visit.

- **LONG APPOINTMENTS:** These include appointments such as banding/bonding (new Braces), appliance insertion appointments, repairs to brackets, Repositioning Brackets Interproximal reduction and removing braces (debonding). Therefore, these appointments will be scheduled during the morning hours.
- **EMERGENCIES (Comfort Visits):** These include irritation, pain, swelling, or bleeding. These usually result from trauma to the face or mouth. These patients will be seen as soon as possible and appropriate care given or referred to another specialist for treatment. Problems with wires are also emergencies when they irritate the patient's cheeks. The problem of irritation will be corrected. Repairs to braces and wires will not be done during this visit, a long appointment may need to be scheduled. If you are having an issue with your braces, call us, if we don't answer, be sure to leave a voice mail. Also send us a text message back to the number we send reminders from for any problems when you can't reach us by phone.



Dolphin MyOrthodontist

Dolphin MyOrthodontist mobile app gives patients access to information about themselves and Phelps & Cohen Orthodontics. Once Dolphin MyOrthodontist is downloaded to your iOS or Android device, you have access to:

- | | |
|---|--|
| <p>Patient Information:</p> <ul style="list-style-type: none"> • Appointments. • Account Balance. • Online questionnaires. • Aquarium© patient education videos | <p>Practice Information:</p> <ul style="list-style-type: none"> • About the doctor and staff. • FAQs. • Practice videos and images. • News Items, RSS feeds from your website. • Facebook |
|---|--|



Download Dolphin MyOrthodontist from the iTunes App Store



Download Dolphin MyOrthodontist from the Google Play App Store



Dolphin MyOrthodontist App Home Screen

- **APPOINTMENTS Rescheduled, Canceled or Missed:** Another appointment will be scheduled, but it may require waiting 4 to 6 weeks depending on availability. You will be put on a sooner if possible list and called when an available spot opens up on a day you normally see the doctor. An appointment during the morning hours may be arranged sooner for an adjustment or reevaluation only.
- **Frequently missed appointments or frequently canceled appointments:** Frequently missing or canceling an appointment will increase treatment time. If this problem becomes routine for the patient, it will interfere with the treatment of the patient. If there are too many missed appointments affecting treatment and care to the patient, the decision to stop orthodontic treatment may be made by the Doctor.
- If you no show two short appointments there is a surcharge of \$25 for each subsequent no show (2 no shows may have been included in your original contract). If you no show any long appointment there is an immediate surcharge of \$50 for missed 30 min bonding/Debonding/repo appt and \$100 for a missed 60 min Bonding that are made exclusively for you. For these longer appts, we call the patient the day before and the morning of, besides texts and emails. After rescheduling your appointment more than 4 times with less than 24 hours' notice within a

one-year time period, there is \$15 cancellation for subsequent reschedules/cancelations within that 12 month period. (example, a Two-year treatment can allow for 8 cancelations, but not 8 cancelations within one year). These nominal fees do not cover our costs and have been established to help patients complete their treatment on time. If you are later than 15 minutes to a Longer morning appointment, if we cannot complete the procedure, we scheduled time for, it is considered a no show. We would then have to make a new appointment. If you are more than 30 minutes to an adjustment appointment, there might be about an hour wait or if you show up 5 minutes to our closing time that day (25 minutes late), we would consider that a no show as well (ex: coming in at 655pm when we close at 7pm, or 255pm Saturday when we close at 3pm).

- Thank you very much for understanding!

- **FOOD LIST**

- Chewing on hard candy or plastic toys/straws/things will break your braces off. Normal food only!
-
-

Bubble Yum Gum (too big, and too hard), Soft small sugarless gum is fine.	The following candy bars are okay with body temperature only O’Henry, Milky Way
Fresh Hard vegetables /broccoli (unless cooked well)	Butterfinger Bar (body temperature only)
Whole Apples (must be cut into at least four pieces)	
No Bones EVER, Meat off the Bone Breaks braces!! No Chicken off the Bone, no Ribs, no pork chops. Use a knife to cut meat off the bone. NO hueso!	Do not open up plastic packages with your teeth. No Bones! This will break your braces.
Charleston Chew	Snickers Bar – Only eat if Body Temperature KitKat – These are fine.
Refrigerated Snickers bar is too hard, body temperature only	Tootsie Rolls (let melt in mouth, no chewing at all)
Heath Bar (too hard, must dissolve in milk)	Power Bar – Never
Ju-Ju Bees – No chewing ever!	Sugarcane – NOT Ever! This will rip and tear your braces off.
Jaw Breakers - No chewing ever!	Peanut Brittle – Only eat if Body Temperature
Caramel Bar – No chewing ever!	Marathon Bar - Only eat if Body Temperature
Life Savers – No chewing ever!	Rock Candy (let melt in mouth, no chewing at all)
Frozen Candy Bars – No chewing ever! Body temp!	Starburst (let melt in mouth, no chewing at all)
Caramel Corn - No chewing ever!	Skittles (only body temperature, let them melt in your mouth)
Fruit Roll Ups - No chewing ever!	Taffy – No chewing ever!
Gummy Bears - No chewing ever!	Taffy Apples – Cut up into small pieces
Good and Plenty – No chewing ever! Very Hard Peta Bread Chips – No!	Tootsie Roll Pops (let melt in mouth, no chewing at all)
Licorice – No chewing ever!	Do not chew on plastic pens, pen caps, straws, ties, toys. Some patients do this and always break their braces.
Takis	These are hard they may break off your brackets!



← **No plastic bottle caps! This will break your braces off.**

