

Congratulations on beginning your orthodontic treatment!

Please read this document carefully. As we always say at Greco Orthodontics, this is a team effort! Your cooperation is important not only for completing your orthodontic treatment in a timely manner, but also for achieving our treatment goals!

Without cooperation:

- Treatment time can be greatly extended
- Failure in the correction of your problem is possible
- Additional expense for broken or lost appliances can result
- Damage to the teeth, gums or jaws might occur

Extremely important additional measures and precautions that must be taken once appliances and/or braces are delivered:

- Maintain regularly scheduled appointments
- Continue to see your general dentist as recommended. For adults, we usually recommend a frequency of once every 3 months and for children once every 6 months.
- It is important to brush your teeth twice per day. Brushing may take longer than 2 minutes now that there are new appliances. It is important to brush in circular motions at a 45 degree angle both above and below the braces to remove food and debris from between the braces and teeth. The area near the gumline is especially important.
- Use fluoride mouthrinses (found at most pharmacies) after brushing. Do not eat or drink for 30 minutes after using these rinses.
- Please notify the office if appliances become loose or broken.
- Should an orthodontic emergency arise which cannot wait until regularly scheduled office hours, please call the office. Emergency care is always available.

Extremely important things to avoid:

- Chewing or eating hard or sticky foods. This includes but is not limited to: ice, gum, gummy candy such as Gummy Worms, Starbursts, Skittles, licorice, caramel, toffee, raw baby carrots, large hard pretzels, hard chips like Doritos
- Chewing other foods without cutting into smaller pieces first: bagels, hoagies, steak, corn-on-the-cob, etc. Peanut butter and pizza are not a problem.
- Picking or playing with braces and/ or appliances, biting nails, pens or other items
- Eating or drinking sweets between meals. Sports drinks such as Gatorade and soft drinks like Coca-cola are especially harmful to teeth because they contain sugar and acid that can break down the enamel and induce decay.