

## Patient Orientation Visit

### Objective:

- To help the patient and parent have a better understanding of office procedures.
- To instruct the patient and parent in oral hygiene and appliance wear and care.
- To gain understanding and acceptance of both patient and parent of their responsibilities during treatment

### 1. BROKEN APPLIANCES: This is an SOS APPOINTMENT

- A. Brackets - If a bracket comes off, the substance on the back of the bracket is not tooth enamel. It is bonding material. If possible, remove the broken bracket yourself and bring it with you to your next appointment. (Please call first).
- B. Metal bands can come loose. Since it is normal for teeth to become loose during treatment, please make sure that the band is loose on the tooth before you call the office.
- C. Call and let us know when things are broken. Hopefully, you can tell us what is broken so we can schedule the proper time to repair it.
- D. Sticking wires - You can apply wax, sugarless gum, or call us to clip it.
- E. Try to take care of the problem until regular hours, and then call us for an SOS appointment.

### 2. EMERGENCY APPOINTMENTS:

For a real emergency, call the office anytime (or your dentist). After regular business hours, a recording will give you the number to reach Dr. Elliott at home. For example: auto accident, athletic injury to the mouth, or any injury to the teeth, etc.

### 3. THINGS TO DO AT HOME:

- A. Brush your teeth for five (5) minutes using a timer.
  - 1. After breakfast: BRUSH
  - 2. After lunch: BRUSH
  - 3. After dinner: BRUSH, FLOSS, WATER PIK
  - 4. During evening: USE perio-aid and /or Proxybrush
  - 5. Before bed: Use fluoride
- B. Flossing is essential for clean teeth and healthy gums. Ask for additional Superfloss at your local pharmacy.
- C. A Water Pik and/ or Sonicare is highly recommended and is very useful in removing food debris and helping to keep braces clean.

- D. Fluoride Gel: Gel-Kam or phos-flur. Use the enclosed prescription for obtaining fluoride at your local pharmacy.
- E. Use disclosing tablets at least once a week.
- F. Peroxyl: To cleanse swollen and heal sore gums or mouth sores.
- G. Orabase-B: To soothe and heal sore gums or mouth sores.
- H. Vitamins
- I. Balanced Diet
- J. Do not use abrasive toothpastes when brushing your teeth.

#### OFFICE PROCEDURES:

1. **TOOTHBRUSHES:**  
You must have clean teeth at the appointment time. If you need to brush, please arrive a few minutes early and GO DIRECTLY to the hygiene area to brush your teeth before you are called for your appointment.
2. **FAILED APPOINTMENTS:**
  - A. Call immediately to reschedule.
  - B. Any long period unobserved may jeopardize your treatment and cause irreversible treatment complications.
  - C. Keep your appointments as scheduled. Missed appointments may incur additional costs for you and delay your treatment progress. Missing a scheduled appointment will necessitate rescheduling you with a delay in treatment, which may be 3-5 weeks.
3. **BE ON TIME:**
  - A. If you see that you are going to be late for an appointment, please call our office to see if we will still be able to see you.
  - B. If you are late, all the work that was originally scheduled to be done may not be able to be completed, and we may need to schedule additional time at a later date.
  - C. Consistent lateness will jeopardize treatment goals and possibly result in termination of treatment or additional costs.
4. **FOODS TO AVOID:**  
Use common sense. If you think it may break your braces, don't eat it. They are strong, but may be broken by carelessness. Each breakage can add one month or more to treatment time and excessive breakage will cause additional charges.

- A. Avoid hard foods. They loosen, break, and bend wires and braces. Cut hard foods into strips or bite size pieces to chew on your back teeth.
  - B. Avoid sugary, sticky foods (taffy, caramel, gum drops). They stick to the braces and hold sugar next to the teeth, increasing the chance of cavities. Sugarless gum is O.K. If you do eat something with sugar in it, make sure to brush well afterward.
  - C. Do not chew on ice cubes, pens, pencils, or fingernails. This can bend or break your wires or braces.
5. **PATIENT ILLNESS:**  
We do not want to become ill or transmit illness to our patients. Please call us if you are ill and we will reschedule your appointment. Of special concern are: flu, strep throat, mono, nausea, or fever. You will need to inform us of any change in your overall health. For example, pregnancy, or heart murmur.

We want to have good communication between our patients, their families and our office. Please let us know if you have a concern about treatment, financial arrangements, or personal problems that should be brought to our attention. We look forward to working with you!