

Let's Cooperate! How would you like to get your braces off as soon as possible? We can make this happen, and quickly, too. We both have to do our part!

MY JOB:

To be a good engineer, an encouraging coach, and an understanding doctor who tries to make treatment as comfortable as possible.

YOUR JOB:

- ✓ To keep all appointments with us.
- ✓ To avoid eating sticky, chewy, and hard foods. This will prevent loose or broken items. Should anything break, please call us to schedule an appointment.
- ✓ To follow ALL of our instructions. This could be wearing your removable appliance each day and night and always wear your elastics exactly how we showed you.
- ✓ To brush and floss your gums. Teeth move quicker in healthy bone and if they do, braces come off sooner!

Neglecting any of these will necessitate additional charges or discontinuing treatment.

LET'S BE HONEST WITH EACH OTHER

Just like you can tell if we're sincere, we can tell if you are, too! And if you're sincerely cooperative, we'll show our appreciation! We'd much rather tell your family how great you are rather than tell them your faults.

SO LET'S WORK TOGETHER AND GET THIS JOB DONE!

Remember orthodontic treatment is not being done **for** you or **to** you, but **with** you. We're just as anxious to get the "tinsel" off your teeth as you, but we can't do this until your teeth are ready!

Your sincere effort to cooperate will encourage us to continue treatment and make the time, cost, and effort involved so much more worthwhile. ***Don't forget – if you don't call and have a broken bracket at your appointment it is a \$5 per bracket charge!***

Go to www.FacesOrthodontics.com for tips on taking care of simple emergencies at home. Call for any other problems (480)661-1818

LET'S NOT HAVE YOU TELL US:

- ✓ "I just ran out of elastics!"
Call for more before you run out!
- ✓ "I took them off on the way here."
Wear your elastics continuously.
- ✓ "My head gear didn't fit, so I didn't wear it."
Call us ASAP for an appointment.
- ✓ "My elastics don't stay on."
Call us ASAP for an appointment.
- ✓ "I'm sorry I'm late"
Be on time, we usually are.
- ✓ "I forgot my appointment last week! Sorry"
Remember your appointments, and write them down, please!
- ✓ "I have to change today's appointment."
Keep your appointments. If you must cancel, give 24 hours notice.
- ✓ "I didn't know the band/bracket was broken."
Look and feel for sudden changes in your appliances, consistently.

AVOID THESE:

- Fritos, Doritos, or any hard chip snacks
- Gum, taffy, Caramels (anything chewy or sticky)
- Hard Rolls
- Pizza Crust
- Hard or soft Pretzels
- Chewing on Ice
- Licorice
- Biting into hard popsicles
- Hard French fries
- Biting into apples & raw carrots (slice them)
- Peanut Brittle
- Candied Apples

In general: Anything sticky, chewy or hard! Never bite into anything and pull! Always brush after eating!