



**SMILEKRAFTERS**  
WE'RE ALL HERE FOR YOU

## Welcome To Braces!

You are well on your way to being the proud owner of a new and improved smile. As an orthodontic patient with a new palatal expansion device there are a few things that may be helpful for you to know as you begin treatment.

It is important that you carefully follow the protocol we have in place here at SmileKrafters Orthodontics to help ensure that your treatment is completed in a timely fashion and that you receive the best results possible.

Please read this information thoroughly and become familiar with the protocols we have in place. If you are ever unsure about something or have a question, please ask us. We are here to help you.

Please take this packet home with you, read it thoroughly and keep it somewhere safe and accessible.

Remember, as an orthodontic patient, you (or your legal guardian) have signed a contract accepting your responsibility to cooperate as an orthodontic patient. A quick review of these responsibilities includes:

- I understand that I am responsible to schedule and maintain appointments according to the directions of the Orthodontist (Expander checks vary depending on the unique situation of each patient, but generally a patient should expect to see the doctor for a checkup every 2-3 weeks)
- I understand that I am responsible to make sure that I attend to my oral hygiene both through my personal home care and routine dental visits and cleanings with my general dentist
- I understand that if I cannot keep an appointment, I will inform the office at least two business days in advance. I understand that if I fail to give appropriate notice, I may be charged a missed appointment fee or I may only have the option to come in during an time that is inconvenient with my schedule
- I understand that all orthodontic appointments that involve more complex procedures such as bondings or periodontal treatment must be scheduled during the day.
- I understand that it is my responsibility to contact SmileKrafters Orthodontics and inform them of any problems I may have with my expander so that they can schedule the appropriate appointment. (Problems may include, but are not limited to: trouble turning, loose expander, lost expander)
- I understand that routine orthodontic appointments may not allow sufficient time to replace an expander that may have come loose or fallen out. Such appointments may need to be scheduled at a different time.
- I understand that should my insurance information change during orthodontic treatment it is my responsibility to contact SmileKrafters Orthodontics and inform them of the change. If I fail to do so, I understand that I am responsible for any fees related to orthodontic treatment not paid by insurance.

Patient Name: \_\_\_\_\_ Parent or Guardian: \_\_\_\_\_  
Print Print

Patient Date of Birth: \_\_\_\_\_

I hereby acknowledge that I have read and received the Welcome to Braces Introductory Packet and I agree to abide by the terms set forth within:

\_\_\_\_\_  
Date Signature of Patient or Parent/Guardian Presiding Assistant



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### GET TO KNOW YOUR BRACES

There are many parts associated with your braces. Sometimes these parts become loose and break or bend. We have included a glossary of terms reference photograph to help you identify these parts.

Please contact our office immediately if and when you have problems with your braces. It is essential that you maintain your braces with the utmost care. Carelessness and failure to inform our office of Orthodontic problems and breakages may result in extended treatment time and may affect the final treatment outcome.

While we try our best to accommodate your time, it is rare that our schedule will allow us to add additional procedures and repairs to existing appointments. Please call us as soon as you realize the need for a repair so that we can schedule an appointment to care for the issue.

### Terms

**Archwire:** This is the main wire that fits into the brackets or other attachments on the outside of your teeth. This is the main force that moves your teeth into their ideal position.

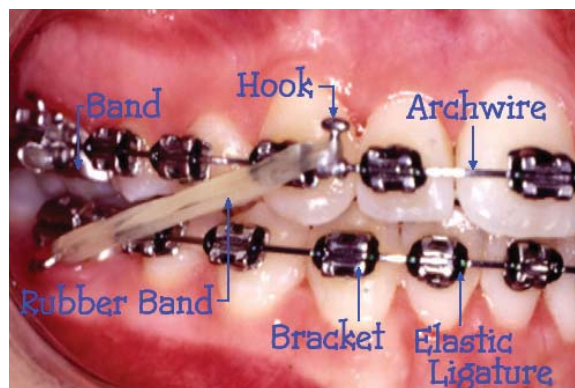
**Bands:** These are thin bands of metal, carefully fitted to the tooth and then cemented in place. They carry brackets, tubes, hooks, or rotating levers (in other words, they become a handle on your tooth). They give us a way to grasp and control each individual tooth

**Brackets:** Small attachments that are bonded to your teeth that apply the forces from the archwire to your teeth.

**Elastic Ligature:** These little rings, or colored modules, are used to attach the archwire to the brackets. There are plenty of colors to choose from including clear rings. The modules are dark green in the photo above.

**Hooks:** Small attachments that when used with rubber bands apply force to the archwire or individual teeth.

**Rubber bands:** Often called "elastics", rubber bands are used with hooks to control movement of the teeth. This movement cannot be achieved with archwires alone and requires excellent patient cooperation.





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### Be Nice To Your Braces

Just as it is important to take care of your teeth, it is also important to take care of your braces. There are certain types of hard and soft food that will harm your braces and can ultimately affect your orthodontic treatment. We have listed foods which are harmful and must be avoided until your braces are removed.

Your braces are a precise appliance that can be damaged by eating hard foods. Some soft sticky foods can cause tooth decay and loosen or dislodge components of your braces.

Avoiding forbidden foods and minimizing sugar intake are essential during orthodontic treatment.

#### FORBIDDEN HARD FOODS:

Hard Candy	Corn Chips	Popcorn	Ice	Pizza Crust
Corn on the Cob	Jerky	Nuts		

Whole fruits and vegetables such as apples and carrots should be cooked or cut into small pieces and eaten carefully.

#### FORBIDDEN SOFT FOODS:

Bubble Gum	Gum	Sticky Candy	Starbursts	Sugar Daddies
Tootsie Rolls	Caramels	Twizzlers	Laughy Taffy	Gummy Bears

Avoid soda pop and drinks that contain sugar. Use common sense when choosing food to put in your mouth and avoid chewing hard objects such as pens or pencils.





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### Brushing Your Teeth

Use Soft Bristles Only

**WHEN?** After every meal.

**If you cannot brush right away, rinse with water.**



Result with proper oral hygiene...



Result if brushing and flossing procedures are NOT followed...

### Flossing Your Teeth

**WHEN?** Every night after brushing.

**HOW?** Use a floss threader between gums and braces.

#### CONCENTRATE ON THE DANGER ZONE!

...the space between the bands or brackets and the gums!



1. Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet.



2. Use circular, vibrating motions around the gum lines, 10 seconds on each tooth.



3. Brush slowly, each arch separately, every tooth.



4. Brush the lower teeth up and the the upper teeth down. Brush your tongue and the roof of your mouth too!



5. Carefully pull unwaxed floss between wire and braces. A floss threader may be helpful.



6. Floss carefully around the braces.



7. Floss carefully around the gum area.



8. Floss carefully around each tooth.