

Julie F. McCray D.D.S., M.S. – Orthodontist
7171 Delmar Blvd., Suite 201, St. Louis, MO 63130
314-721-5551

Dear _____ :

Congratulations on your new braces! We give you a lot of information on the day that your braces are placed, so this letter summarizes the instructions for proper care of the braces to help your treatment be successful.

When you first get the braces, there is a lot to get used to. Be careful in moving your lips and cheeks around the braces. Wax can be used for anything on the braces that is sharp or poking. If you get mouth sores, I recommend Orabase to numb the area and make the sore feel better. Your teeth may be achy at first, and when future adjustments are made to the braces. Take Tylenol, Advil or whatever you take for a headache every four hours, and eat softer foods. Some patients experience no pain, and others are sore for a week – anything in between is normal. It is not unusual for the teeth to be a bit loose during treatment; that just means that the bone around the teeth is changing. Remember that your teeth are in transition; as the teeth move and change, the alignment and bite will improve and function properly.

Office visits every six to eight weeks will be necessary for the duration of the treatment. The purpose of the visits will be to adjust the appliances by making changes to the archwires, making new wires, adding or checking the progress with elastics, etc. It is important to keep regular adjustment appointments or tooth and gum damage can occur. If appointments are missed, or a lot of brackets/bands are broken at each appointment, the treatment will not progress in a timely manner. The braces will be worn for a much longer time period, and our results may not be ideal. Your cooperation is essential.

Please make your monthly appointments in advance if you need a particular appointment time. Appointment times later in the day fill up quickly, and will not generally be available with just a few days notice. We try to be accommodating, but it is not possible to see everyone after 3 PM. So if you miss an appointment or have something break, you will likely need to come in the morning or early afternoon.

If any part of the braces breaks or comes loose, you may need to come in before your regularly scheduled appointment. Call the office for guidance.

It is very important to keep the teeth clean during orthodontic treatment. The teeth should be brushed three times per day – morning, mid-day, and before bedtime. Take your time! You should brush for at least two minutes. Look in the mirror to make sure that all plaque has been removed (especially near the gumline), and that the braces are shiny. If you prefer an electric toothbrush, we carry the Oral-B and the Rotadent in the

office. Please inquire. The interproximal brush, Stimudents, and floss using the floss threader should be used at your night brushing, so that all plaque is removed before bedtime. After your night brushing, the fluoride rinse should be used. Take a mouthful of the rinse, swish for one minute, then spit the rinse in the sink. Do not eat, drink, or rinse with water after that. The fluoride acts to strengthen the teeth to protect them from cavities and decalcification marks. Additional bottles of the fluoride rinse can be obtained from a pharmacy or from our office.

Avoid hard and sticky foods that might break the braces. Examples of foods to avoid are taffy, Tootsie Rolls, Now-and Laters, Jolly Ranchers, caramels, etc. Do not chew ice or very hard foods. Foods that you would normally bite into like apples, carrots, corn on the cob, pizza, or sandwiches, you will need to cut up in small pieces and chew on your back teeth. If anything on your braces breaks or comes loose, call the office because we may want you to come in prior to your regularly scheduled appointment.

Continue to see your family dentist for cleanings and check-ups while wearing the braces. Although it may not be possible to speak to each parent at every appointment, I will let you know of the progress when I can or if there are any concerns as the treatment goes along. If you have concerns, please communicate them to me as well.

When the treatment is finished, retainers will be important to hold the teeth in their positions. I am pleased that we will be working together to improve your smile. If you ever have questions or concerns, do not hesitate to call. Thank you and take care.

Sincerely yours,

Julie F. McCray D.D.S., M.S.

Financial information

Fee _____

Insurance estimate* _____ or PIF _____

Patient portion _____

Downpayment _____

Monthly payments _____ X _____ months

*Please note, any portion of insurance estimate not paid by the insurance company is ultimately the patient/responsible party's responsibility.

I agree to the above payment arrangements and fee.

Signature _____ Date _____