

**Hub City Orthodontics**  
**1118 Klick Way**  
**Hagerstown, MD 21742**  
**301-733-5230**

***NEW PATIENT INSTRUCTIONS***

1. It is normal to experience mild discomfort after having the braces placed. This discomfort will usually last for 4 – 5 days. Tylenol, Advil, or your normal headache medicine should be sufficient to lessen the pain.
2. Proper daily oral hygiene is necessary to maintain good dental health and to ensure the best orthodontic result possible. Be sure to brush, floss and rinse daily with your oral fluoride rinse. (e.g. *Phos-Flur, ACT, etc.*)
3. Sharp sticks, pokes, or a rough feeling to the tongue is probably not normal. Please inform our staff of any of these problems before leaving the office, or call our office if this happens at home.
4. Certain foods can cause problems with braces. In general, these are crunchy foods (hard pretzels, ice, etc.) and sticky foods (bubble gum, taffy, caramel, etc.). Please try to avoid them, as they will often cause wires or brackets to break. Should either of these things happen, please contact our office so that we can schedule your next appointment with adequate time to fix the problem. Broken wires and brackets will often lead to longer treatment time.
5. An occasional broken bracket or band is to be expected. However **repeated breakage** is a sign of poor cooperation, which will lengthen treatment time. Therefore, repeated breakage (3 or more appointments with breakage in a 5-month period) will result in an **additional breakage fee.**
6. After each monthly adjustment, the teeth will be tender to chewing for about 3 days. A soft food diet (soup, noodles, yogurt, etc.) is a good way to keep your nourishment adequate over this time. A mild pain medication is also helpful.
7. Our early morning (7– 8:30 a.m.) and after school (2:30–4:30 p.m.) appointments are designed to be short, monthly adjustment appointments and it is difficult to replace or repair broken or loose appliances at these times. **Therefore, we ask that if you are aware of any broken or loose appliances, you call our office in advance of your appointment so that we can schedule a more appropriate time for the repair.** This will also save you having to make a special trip back to our office at another time, other than your monthly adjustment, for the repair.
8. We are happy to reschedule your child’s appointment if he/she is out of school due to illness and we appreciate your cooperation in this matter.

THANK YOU FOR CHOOSING **HUB CITY ORTHODONTICS** AND WE  
SINCERELY LOOK FORWARD TO PROVIDING YOUR FAMILY WITH QUALITY  
ORTHODONTIC CARE. ALWAYS FEEL FREE TO CALL OUR OFFICE WITH  
ANY QUESTIONS OR CONCERNS THAT YOU MAY HAVE.