



HUB CITY ORTHODONTICS

NEW PATIENT INSTRUCTIONS

1. Will my braces hurt? Mild discomfort is normal after having the braces placed and after each monthly appointment. This discomfort will usually last for 3 – 5 days. A soft food diet (soup, noodles, yogurt, etc.) is a good way to keep your nourishment adequate over this time. Tylenol, Advil, or your normal headache medicine should be sufficient to lessen the pain.
2. Something is poking me... 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.
3. Brushing...? Proper daily oral hygiene is necessary to maintain good dental health. Be sure to brush, floss and rinse daily with your oral fluoride rinse (ie. *Phos-Flur, ACT, etc.*).
4. What foods should I avoid? Certain foods can cause problems with braces, such as 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.
5. What should I do if my wire and/or bracket is broken? Please contact our office so that we can schedule your next appointment with adequate time to fix the problem. 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. When can I schedule repairs? Our early morning (8– 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 from having to make a *separate* trip back to our office at another time, other than your monthly adjustment, for the repair.
7. Should I reschedule my appointment if I am sick? We are happy to reschedule if you are feeling under the weather due to illness. This helps keep our team and other patients healthy. 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. PLEASE CALL OUR OFFICE WITH ANY QUESTIONS OR CONCERNS.