

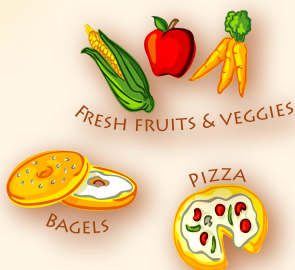
FOODS TO AVOID

Orthodontic appliances become loose and broken due to improper oral hygiene and eating the wrong foods. For most situations, common sense will tell you what foods to avoid. Hard foods can break or damage brackets and wires. Sticky foods can get caught between brackets and wires. Sugary foods can cause tooth decay.

AVOID



CUT UP



USE CAUTION



DO NOT RIP OR TEAR ANYTHING WITH YOUR TEETH & AVOID CHEWING ON HARD OBJECTS SUCH AS PENS AND PENCILS!



APPOINTMENTS

The early-morning and after-school appointments are reserved for shorter procedures. This is so that we may accommodate as many patients as possible. These appointments fill up very fast, so please call as soon as possible when rescheduling and/or canceling appointments. Other longer procedures are scheduled at specific times during the day, these types of appointments include: appliance placement, re-bonding broken brackets, and appliance removal.

Being on time to your appointments is very important. If you are late, we may not have enough time to do everything we need to at your visit or you may even be asked to reschedule. Missing appointments may cause your treatment time to lengthen. Appointments are scheduled in order to optimize the treatment results.

**REMEMBER WHAT YOU HAVE INVESTED YOUR TIME AND MONEY INTO:
A BEAUTIFUL, NEW SMILE
& THIS CAN ONLY BE ACHIEVED WITH YOUR COMPLETE COOPERATION!**