

Patient Compliance

It is of the utmost importance for you to fully participate in your orthodontic treatment. This means that we expect you to maintain proper oral hygiene habits, comply with our instructions, and do your best to avoid breakage. This will make treatment easier for you, and allow us to remove your braces in the most efficient time frame. Here are a list of guidelines to follow:

- Brush your teeth after you eat (this includes after both meals and snacks). Food that remains trapped in and around bands can leave permanent marks on your teeth.
- Floss after every meal. It's important to use floss to remove what your toothbrush misses. Using a floss-threader, tie floss to the end of the threader and direct under each arch wire. Then, guide the floss under your gum line and along the sides of each tooth. This ensures full coverage.
- Always wear your elastics, headgear, or retainers as prescribed by the doctor. Remember to bring your removable retainers and headgear to every appointment.
- Make sure that your teeth are clean when you arrive for your appointment. If you haven't had time to brush before your appointment, you do it when you arrive for your appointment.
- Keep every appointment and be on time. When you miss appointments, you are extending your treatment time and delaying the day your braces will come off.
- See your family dentist regularly for cavity inspection and cleaning.

Emergencies

Please review our guidelines for handling orthodontic emergencies.

1. *Wire Poking in the Mouth:*

- Clip it with nail clippers or wire cutters
- Bend it with the end of a spoon handle or needle nose pliers
- Place wax over irritant

2. *Loose Bracket:* Place wax over it, or leave it as is and call our office during office hours.

3. *Loose/broken removable appliances:* Stop wearing or remove the appliance from the mouth and call our office during office hours.

4. *Discomfort or bleeding unresolved with the above listed solutions:* Call our office during office hours or any of our emergency numbers listed below:

Dr. Ken Dillehay 316.733.0734
Jill Thurlby (West) 316.773.7412
Kim Potter (East) 316.733.4275

East | 1821 N. Rock Road | Wichita, KS 67206 | tel 316.683.6518 | fax 316.683.0918
West | 9909 W. 21st Street N. | Wichita, KS 67205 | tel 316.722.0857
toll-free 1-800-794.1818 | web www.toothmovers.org

Signed _____

Date _____



Member American Association of Orthodontists



DIPLOMATE
AMERICAN BOARD
OF ORTHODONTICS

ROGERS, DUNCAN
& DILLEHAY

SPECIALIST IN ORTHODONTICS

J. Kendall Dillehay, DDS, MS

A Professional Association