

**Essex County Orthodontics**  
**James M. Holland D.M.D.**  
**Ji Hyun Caroline Tahk D.M.D.**  
**Do's and Dont's**

**Do's** ☺

1. **Do** brush your teeth immediately after meals and before bedtime. You should also floss your teeth daily
2. **Do** call the office if you have any problems with your appliances. You should report any loose bands, broken bonds or arch wires etc... as soon as possible
3. **Do** see your dentist every six months for regular checkups
4. **Do** call the office at least 48 hours in advance if you must cancel an appointment
5. **Do** use wax to cover appliances that irritate lips, cheeks or gums. If soreness persists, call the office (numbers below)
6. **Do** use a fluoride rinse as directed daily before bedtime. The use of fluoride helps to protect enamel by strengthening its surface. This should follow thorough plaque removal by brushing
7. **Do** bring any removable appliances to your appointments, such as headgear, lip bumpers and retainers

**Don'ts!**

1. **Don't** wait until your regular appointment to report a problem!
2. **Don't** play with wires or other parts of your appliances
3. **Don't** eat any hard or sticky foods. Use common sense in choosing the foods you eat. Avoid hard foods such as peanuts, carrots, corn on the cob, popcorn, crusty bread, ice etc... If you do ever eat these, you should cut all apples, carrots, corn on the cob etc... into small BITE SIZE pieces! Avoid sticky foods such as caramels, gummy roll-ups and please remember--NO GUM!!!

***I understand the above information. I have had the opportunity to ask questions and have had those questions adequately answered***

Patient Name:

Patient or Responsible Party Signature: \_\_\_\_\_

Date: \_\_\_\_\_

