

# Let's Cooperate!

How would you like to get your braces off as soon as possible?  
Together you and I can make this happen, and quickly, too.

I'll do my job if you'll do yours —

## LET'S MAKE A DEAL!

### MY JOB

To be a good engineer, an encouraging coach, and an understanding doctor who tries to make treatment as comfortable for you as possible.

### YOUR JOB

- ☐ To keep all appointments with us.
- ☐ To avoid eating the sticky, chewy, and hard foods. This will prevent loose bands, brackets, and broken archwires. But should this occur, phone immediately for an emergency appointment.
- ☐ To follow all of our instructions, too. This could be wearing your removable appliance or night brace the required hours each day and night and always wear all your elastics exactly how we showed you.
- ☐ To brush and floss your teeth and gums. Teeth move quicker in healthy bone and if they do, braces come off sooner!

Your neglecting any of these will necessitate additional charges or our discontinuing treatment.

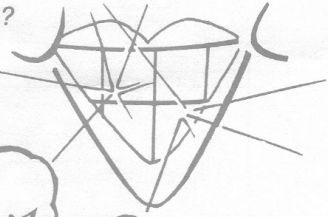
### LET'S BE HONEST WITH EACH OTHER

Just like you can tell if we're sincere, we can tell if you are, too. And if you're sincerely cooperative, we'll show our appreciation in so many ways! We'd much rather tell your family how great you are rather than tell 'em your faults!

### SO LET'S WORK TOGETHER AND GET THIS JOB DONE.

Remember orthodontic treatment is not being done **for** you or **to** you, but is being done **with** you. We're just as anxious to get the "tinsel" off your teeth as you, but we can't do this until your teeth are ready.

Your sincere effort to cooperate will encourage us to continue treatment and make the time, cost, and effort involved so much more worthwhile.



### LET'S NOT HAVE YOU TELL US:

- "I just ran out of elastics!" or
- "I took them off on the way here"
- "My night brace didn't fit so I couldn't wear it."
- "My elastics don't stay on"

"I'm sorry I'm late"

"I had Little League practice and forgot last week's appointment"

"I have to change today's appointment"

"I didn't know the band came loose"

"The archwire just broke yesterday"

### BUT:

Call for more elastics before you run out.

Wear your elastics continuously.

Phone immediately for an emergency appointment.

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Be on time—we usually are.

Remember your appointments—write them down and keep them, please.

Keep these appointments. If you must change, give us more than 48 hours notice.

Learn to look for and feel sudden changes in your appliances.

Call immediately for an emergency appointment.

### AVOID

- Fritos, Doritos or any chip snacks
- Gum, taffy
- Hard rolls
- Pizza crust
- (Hard or soft) pretzels
- Sticky, chewy, and hard foods
- Chewing on ice
- Licorice

- Hard french fried potatoes
- Hard toast
- Biting into apples and raw carrots (Slice them)
- Peanut brittle
- Candied apples (on a stick)
- Biting into hard ice cream pops, popsicles, etc.

Caramels

Any chewy candy

## THE CHOICE IS YOURS