We are committed to providing you the best orthodontic care and service possible. We need your commitment to ensure the best results. The work we do while you are in the clinic is only effective if you do your part when you're not in our office. Working together, we can achieve the outcome you desire.

**Keep your teeth and gums clean**
Brushing (especially after meals/snacks and at bedtime), flossing, and regular visits to your dentist for cleanings and exams are keys to maintaining your oral health.

**Wearing appliances**
Wearing your removable appliances and/or elastics as directed by the orthodontist will keep your estimated treatment time on schedule.

**Care of appliances**
Avoiding hard, sticky or chewy foods and not chewing on pens or pencils will help keep appliances in working order. Broken appliances can lengthen total treatment time and will also mean longer appointments.

**Appointments**
Making every effort to keep all appointments and arriving on-time will help ensure a smooth course of treatment. Calling ahead if something is broken or loose will help us be better prepared when you come in. If you need to reschedule, please call as soon as possible.