

THANK YOU FOR CHOOSING US!

WE'RE HONORED TO HELP YOU ON
YOUR JOURNEY TO A NEW SMILE!



BRACES MANUAL

IMPORTANT

NO CARBONATED DRINKS
FOR

24 HOURS

IMPORTANT

WHAT TO DO

THE FIRST FEW DAYS AFTER YOU GET YOUR BRACES ON

Eat soft foods

Use warm saltwater
rinses as needed.

Take Tylenol or Ibuprofen
(as directed dose)

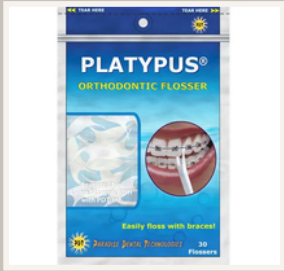
BRUSH & FLOSS
YOUR TEETH
DAILY

VIDEOS ARE AVAILABLE
FOR YOU ON OUR
RESOURCE PAGE
CLICK "MY NEW BRACES"



OUR FLOSSING RECOMMENDATIONS

Use what works for you!



ORTHODONTIC FLOSSER



WATER FLOSSER



SUPERFLOSS

FOR ON-THE-GO USE



What causes white marks on your teeth?

Plaque! The accumulation of too much plaque and poor oral hygiene (brushing) can cause these unsightly white marks on your teeth.

WHITE MARKS LIKE THESE ON TEETH ARE THE RESULT OF DECALCIFICATION AND ARE PERMANENT!



SAFE FOODS

LIST OF GUIDELINES

1. When eating meat remove meat off of the bones.
2. Do not bite into foods with your front teeth.
3. Cut up your veggies & hard fruits. Cook or steam them.
4. Cut food into small bite size pieces. Chew with back teeth.

ENJOY FOODS LIKE:

SOUPS
PUDDING
OATMEAL
SMOOTHIES
YOGURT
PASTA
SUSHI
FISH
MAC-N-CHEESE
MASHED POTATOES



Craving something sweet?
Have some ice cream or Reese's peanut
butter cups (Dr.Freels' fave)



No Popcorn



No Chips



Nothing chewy



No Gummies

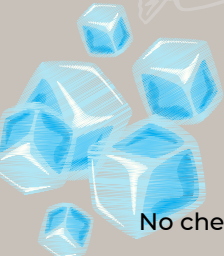


No Sodas



No Jerky

No Candy



No chewing on ice



No Corn on the cob

No Gum



No Nuts



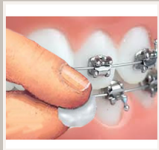
USING WAX TO PROVIDE RELIEF TO YOUR LIPS & CHEEKS

Wax is provided by our office at no extra cost.



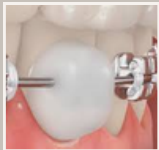
CLEAR WAX

This orthodontic wax is a soft pliable material that is totally safe to use as a barrier between your brackets, lips & cheeks.



BIG PEA SIZE

Pinch a piece of wax from the strip and roll it into a pea size ball. Cover the bracket that is causing irritation and mold it over the bracket.



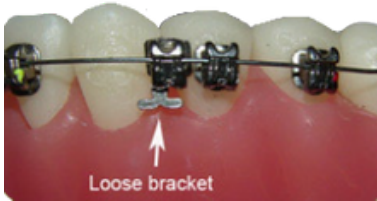
COVER THE BRACKET

Your bracket should completely covered. Your piece of wax may fall off while eating or brushing. Reapply as needed. The wax is not harmful if consumed.

LET'S TALK

Broken brackets

YOU HAVE A
3 BROKEN BRACKET & WIRE LIMIT
FOR THE DURATION OF YOUR
TREATMENT



BROKEN BRACKETS MOSTLY OCCUR
AFTER EATING SOMETHING THAT IS
TOO HARD, CRUNCHY OR CHEWY.

AFTER YOUR LIMIT HAS BEEN MET
THERE IS A \$35 FEE PER BROKEN
BRACKET/WIRE FOR THE REPAIR.

3 is the limit
then it's \$35 per repair
no bondings after 3:30pm



After Hours

ph# 956-212-3666

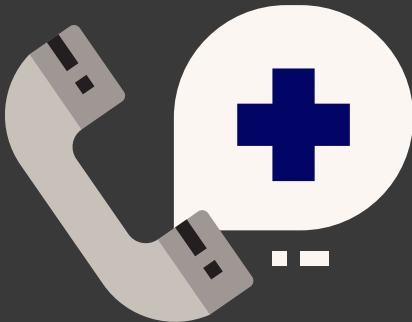
AN ON-CALL STAFF MEMBER WILL BE AVAILABLE FOR ANY ORTHO EMERGENCIES UNTIL 8:30PM

OUR ASSISTANTS WILL BE ABLE TO TALK YOU THROUGH MOST EMERGENCIES.

YOU MAY REQUEST TO SEE AN ASSISTANT AFTER HOURS (FEE APPLIED TO ACCOUNT)

EMERGENCIES BY:
PHONE/TEXT -FREE

EMERGENCIES VISITS: \$50
THIS WILL BE APPLIED TO YOUR ACCOUNT. IF THERE IS NO BALANCE YOU WILL BE SENT A STATEMENT OR YOU MAY MAKE A PAYMENT AT THE TIME OF SERVICE.



Emergency

a pokey wire causing
severe discomfort &
wax won't help

your wire is out and
needs to be clipped

appliance is broken
and/or falling out

you've got a broken
bracket and it's
causing discomfort

your powerchain
(linked elastics) is
broken & it's causing
discomfort

Non-Emergency

You have soreness after
getting your braces on or
after a wire change
appointment
(unfortunately it'll take
some time to pass)

one of your colored or
clear elastics are off (no
discomfort)

cancelling/rescheduling
an appointment

billing/insurance
questions

broken bracket(s) with no
discomfort (all bonding
appts must be scheduled
with Dr.Freels)

While in the exam chair or clinical area



No cell phone use
No ear buds or headphones
No food & drinks

THANK YOU, IT'S A BIG HELP!

Things to remember...

- 1 Your braces are not indestructible! Avoid foods that can be harmful to your brackets.
 - 2 Broken brackets & wires add delay and expense to your treatment. Bring any brackets or wires that may have come off to your next visit.
 - 3 Always keep your scheduled appointments or notify us at least 24 hours in advance to avoid a fee.
 - 4 Brush & floss daily and complete any instructions given to you by Dr. Freels or his staff.
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No teeth
whitening
while in
braces.



A
*whitening
kit
may be
added
to your
account.*

*The
\$100 fee
will be
added to
your
balance.*



We're here
because of you!



Would you please take a moment to share your experience on Google?

You may use the link on the main page as a shortcut for a review!



Thank you for
choosing

FREELS
ORTHODONTICS