

INFORMATION SHEET

Certain foods must be avoided since these will tend to loosen bands and brackets as well as break archwires. Hard fruits and raw vegetables will need to be sliced before eating them.



ANY CANDY and/or FOOD, STICKY OR HARD, MUST BE AVOIDED!

Foods to be avoided biting are:

	Bagels	Celery	Hard Bread	Corn on the Cob	Lolly Pops
Apples	Carrots	Rolls	Spare Ribs	Chewy Candy	
		Popcorn	Gum	Pizza Crust	



Some other habits that must be avoided are: **No Nail Biting, No chewing on Pencils or Pens**
Use the tooth-brushing techniques you have been taught.

Be sure to remember to keep around the gum line clean as well; don't forget to brush your tongue!



BRUSH AS SOON AS POSSIBLE AFTER EACH MEAL.
When unable to brush, rinse your mouth out with water.
Use the floride rinse daily, preferably at bedtime after brushing.

YOU MUST CONTINUE TO SEE YOUR DENTIST EVERY SIX MONTHS FOR REGULAR CHECKUPS!

After appliances have been placed, appointments will be every four – six weeks. The length of appointments will vary depending on what work needs to be done. Archwires will be changed and additional appliances will be placed as needed.

If you cannot make a scheduled appointment, please notify the office at least one day in advance whenever possible. **Please, be on time for appointments.** If there are any problems or questions regarding your treatment, please contact the office at **(973) 942-0900**.

We, at Piekarsky Orthodontic Associates, are committed to achieving the highest quality orthodontic treatment possible. In accordance with this goal, we ask that if the patient is sick, please be considerate of our staff and other patients, and kindly reschedule the appointment. We strive to maintain infection control in our office and appreciate your cooperation. We will do our best to reschedule the appointment in a timely manner.

Continual abuse of appliances, lack of cooperation, and missed appointments prolong treatment. The key to successful treatment is patient cooperation! With this said, we advise you to familiarize yourself with our **“Excessive Broken Bracket”** policy. We understand there will be occasions where your child's brackets may break. However, excessive breakage will necessitate a mailed warning notice. After the 4th broken bracket, the appointment to fix the bracket will **ONLY** be scheduled during school hours. Broken brackets are a result of neglect and not following the appropriate diet listed above. If a broken bracket and/or wire is causing the patient any undue pain, we will see the patient as soon as feasibly possible to make the patient comfortable. There will need to be a longer appointment scheduled at a later date, during school hours, in which to repair a damaged bracket.

SHOULD AN EMERGENCY ARISE THAT NEEDS IMMEDIATE ATTENTION:



Call Dr. Larry Piekarsky, Cell #: 973-668-0300, if he does not pick up, leave a voice mail and someone will return the call as soon as possible. If there has not been a return call within a reasonable amount of time, please try to call again in case the first message was not received successfully. In a non-emergency, you can leave a message on our office answering machine and someone will return your call when the office reopens.