

AbrahamOrthodontics



Dr. Maxwell Abraham DDS MS FRCD(C)

Certified Specialist in Orthodontics & Dentofacial Orthopedics

WELCOME TO #AOMazing!

Braces and Fixed Appliances

The following guide will help you navigate our #AOMAZING experience and tips to help make this short journey as awesome as possible!

Diet and Meal Ideas

Food Guidelines

Broken braces mean extra inconvenient repair appointments and longer treatment time in braces.

Be Very Careful With The Following

- Fritos, Doritos or any chip snacks
- Hard bread rolls
- Pizza crust
- Pretzels (hard or soft)
- Hard French fries
- Hard toast
- Popcorn



Do Not Bite Into

- Hard candy
- Lollipops / Candy Canes
- Popsicles or other frozen foods
- Large hard raw fruits and vegetables (like apples and carrots) - cut them up first
- Chewing on ice is a definite No-No



Avoid

- Sunflower seeds
- Nuts
- Jerky
- Taffy
- Caramels
- Licorice
- Peanut brittle
- Candied apples
- Any chewy candy
- Bubble gum*
- Any other sticky, chewy or hard foods



Note: Unless the packaging says that it will not stick to dental work, avoid gum. Chewing gum wraps around brackets and wires and can cause damage to your orthodontic appliances and your teeth.*

Breakfast	Lunch	Dinner
Scrambled eggs and sliced bananas with fruit smoothie	Homemade pasta or macaroni and cheese	Salmon and fluffy mashed potatoes
Oatmeal with milk, mashed pear	Hard boiled egg and steamed vegetables	Homemade chili and rice
Soft blueberry pancake, yogurt	Peanut butter and jam sandwich	Chicken noodle soup and soft bread rolls with soft cheese
Omelet with avocado and vegetables	Turkey sandwich on soft bread, apple sauce	Tomato soup with steamed vegetables; soft fruit like melons

Brushing & Oral Hygiene

Brush and floss after every meal. Brush 5-seconds each tooth, half on the pink gums and half on the tooth. Use the special "Tree Brush" to go in between teeth under the wire.

A Water Pik is recommended if flossing is difficult. Mouthwashes are good at helping to maintain a clean mouth. Use a fluoride mouth rinse every night after flossing and brushing. Oral B Antibacterial Rinse with Fluoride .05% is recommended unless otherwise specified. Poor brushing will lead to early removal of the braces, more frequent cleanings at the dentist and the risk of having **permanently stained teeth**.



Please share about our office and your experience online and with family and friends!

Chatham ON & Leamington ON | 519-398-8101 | E: Info@AbrahamOrthodontics.com
www.AbrahamOrthodontics.com

Emergent Issues

Most problems can be addressed at the NEXT SCHEDULED VISIT. Any problem that is causing unexplained pain deserves a contact to our office. **ONLY THE RED ISSUES TYPICALLY REQUIRE YOU TO CONTACT US AT THE OFFICE**

Tender, sensitive teeth	EXPECTED the first week and after adjustments	Softer foods and over-the-counter pain medications if needed.
Sore cheeks, tongue	EXPECTED	Orthodontic wax placed over the offending metal piece
Loose Teeth	EXPECTED within 1mm of movement	
Broken Bracket	COMMON – Can be replaced at the next scheduled visit; <i>common 1-2x during the full treatment</i>	Have the brace face the right way (spin like a bead on a string) and place wax over it. If there is an elastic, move forward/back one tooth.
Poking Wire	COMMON – Can be cut at the next visit or at home. If continuing to poke, book an EXTRA VISIT	Cut at home with a sterilized nail clipper OR place wax over the offending metal piece
No More Elastics	COMMON – Contact us to set a time/day to pick some up or ask us to mail them!	<i>Please note our office may not be open for walk-ins during posted hours</i>
Spring fell off	UNCOMMON – Can be fixed at the next visit	
Loose Expander or Band/Ring	COMMON – Call us to schedule an EXTRA VISIT	If one side, push the ring over the tooth; if both, leave in a bag and bring in.
Accident with broken/loose teeth, cut gums and bleeding	EMERGENCY – Visit your local hospital or family dentist	
Puffy gums	COMMON – Due to poor brushing usually	Brush closer to the gums, 5 seconds each tooth. A water Pik is recommended

Hours and Contact Tips

Monday: 8-12pm

Tuesday-Thursday: 8am- 3pm

***Hours vary on specific days due to team development and vacation. We do not guarantee to be in office during these hours, always contact us first before arriving at the office.**

	Availability	Response Time	Speed	Recommended
WALK IN	Business hours	Not guaranteed to be seen/open	UNRELIABLE	
PHONE 519-398-8101	Answered during business hours	Voicemail only within one business day	SLOWEST	Discuss treatment
EMAIL info@abrahamorthodontics.com	Answered everyday	Response within one day	MEDIUM	Change or make appt, incl. emerg payments
TEXT 226-286-4841	Answered everyday	Response within one day	FAST	Change or make appt. incl. emerg
FACEBOOK MESSENGER @AbrahamOrthodontics	Answered every hour	Response within 5 minutes	FASTEST	Emergent request/question

Office Tips:

1. Check-in at the front desk when you arrive to be seen on time
2. Appointments are every 6-12 weeks and may conflict with work or school sometimes; we will do our best to accommodate!
3. Typical appointment length, including reception time:
 - a. Adjustments: 15-30 minutes including arrival time
 - b. Extra or emergent visits: 45-60 minutes
 - c. Braces Removal: 45 minutes, followed by a 5 minute later the same day
4. We provide TEXT AND EMAIL reminders – please use them. Let us know a preference

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