



Patient Rewards

Score cool prizes with our Patients Reward Program!

Earn points for great oral hygiene, no broken brackets, leaving us a review, following us on Facebook & Instagram, plus much more!

Download the "Patient Rewards Hub" app or visit by scanning the QR Code below!

See our front desk to get set!



Ready, Set, Brace!

An easy road map to help navigate your way on the journey to a perfect smile!



Southwest Lubbock

5203 79th Street
Lubbock, TX 79424

Northwest Lubbock

805 N. Frankford
Lubbock, TX 79416

Concerns?

If your appliance, brackets, wires or retainers break or are poking you, please call our office *on the next business day* to determine if an extra visit is necessary.

If an extra visit is necessary, we will schedule an appointment to make you comfortable and do any repairs. If an extra visit is NOT necessary, we will add time to your regularly scheduled appointment for repairs.

We can often instruct you on repairing the problem at home to avoid an unnecessary trip to our office. In the meantime, use wax for comfort.

For *immediate* emergencies not listed above, please call:

806-799-6780

In consideration for scheduled patients, and to avoid a long wait time, please call ahead for extra visits. Don't wait to call - some unaddressed concerns can prolong your time in braces.



Race on the fast track!

Easy tips to a speedy treatment time are noted by the flags!



Brushing

Brush 3x daily to ensure the teeth are clean and gums are healthy. Floss daily with floss threaders from the kit to clear away plaque and tartar.

Please note: permanent scarring (damage to enamel surface) can occur from not brushing properly.



Healthy gums help move teeth faster. Proper brushing and flossing is the best way to keep gums healthy.

Fluoride Gel

Use up to 3 times per week to help fight tooth decay and sensitivity!

To use: First brush with toothpaste. Rinse well and then brush with fluoride gel. You may spit but DO NOT rinse. Caution: Keep out of reach of small children. Please read the instructions on the bottle.



Wax

If you have something rubbing, sticking, or poking, wax should be used until your next scheduled appointment time or until an extra appointment can be made.

To use: Dry the area with a tissue, pinch off a small piece of wax, press between fingers to soften, and place over the uncomfortable bracket/wire.

Mouth Soreness

Because of movement, your mouth may be sore for 3-7 days after each appointment. We recommend ibuprofen or pain reliever to help with discomfort.

Eating and chewing is encouraged to decrease soreness.

Bite Planes

Bite planes are small dots of glue placed behind the top front teeth or on the surface of the lower molars. Some patients may temporarily require bite planes to prevent hitting on lower braces or to assist in correcting crossbite. Chewing may be challenging for the first few days, so be sure to take small bites and chew slowly.



Bite planes can take up to 6 months off of treatment time.

Fuel for the Body

Listed below are a few examples of foods to avoid while in orthodontic treatment.

ABSOLUTELY NO GUM, even if the package says "approved by dentists." Not even sugar free.

ABSOLUTELY NO STICKY FOODS: Caramels, Laffy Taffy, Skittles, etc. *If you need to chew it for a long time, then it's too sticky!*

ABSOLUTELY NO HARD FOODS: Ice, Jaw Breakers, nuts, sunflower seeds in the shell, beef jerky, etc. If it cracks when you bite into it, it shouldn't be eaten!

Foods like raw carrots, apples, chips, sandwiches, pizza, etc. will need to be cut into small pieces before being eaten.

Avoid chewing on pens, pencils, fingernails, bottle caps, or using toothpicks.

Minimize sugar intake to avoid cavities.



Even though your braces are made of metal, they are fragile and easily damaged by eating the wrong foods. Damage to your braces can result in extra visits and prolong your treatment time by months.