



To Our Valued Patients:

In accordance with state and federal guidelines, our office will be closed for all routine orthodontic care until May 4, 2020. The safety and health of our patients is of the utmost importance to us, but we also want to make sure that you are comfortable and informed during this time. Dr. Khedkar has created a list of general guidelines to follow:

1.) Broken Brackets: If you have a broken (loose) bracket, we cannot safely use the high speed handpiece needed to remove the cement in order to replace your bracket, and we have been mandated by our governing bodies to wait on this procedure. Orthodontic wax can be placed on the bracket if it is irritating your cheeks or gums. Wax can be purchased at your local convenience store or online. If you find that wax is not helping, you could also cut the wire on either end of the loose bracket and remove that entire segment. Please see the included video link for instructions on how to manage a broken bracket: <https://www.dropbox.com/sh/ui34tl8ydxn6dij/AADtp6uTEOxoIzpA7OFhW7WWa/Broken%20bracket%20no%20on%20the%20end%20with%20wax.MP4?dl=0>

2.) Poking Wires: Please see the included video links for how to handle a pokey wire: https://www.dropbox.com/sh/ui34tl8ydxn6dij/AADuq5vW_rTS7yJ6GYRPZghCa/Cut%20wire%20with%20nailclipper.MP4?dl=0

https://www.dropbox.com/sh/ui34tl8ydxn6dij/AADPsDXYZo0Ng_c-YrhxvRQsa/Pulling%20out%20wire%20with%20tweezers.MP4?dl=0

3.) Retainers: Please continue to wear your retainers as instructed. If your retainer is broken, and you are able to trim or alter it at home for comfort, please do so. If your retainer is lost or broken to an extent that it absolutely cannot be worn, consider purchasing or ordering a boil and bite mouthguard to replace the upper retainer. Form the mouthguard to the current position of your teeth, and wear it every night. If you find it difficult to sleep with the mouthguard, try to get at least 6-8 hours of wear throughout the day. While this is not an ideal solution, it should at least prevent any major movements of your teeth during this time.

4.) Loose Appliances (Space maintainers, lingual arches, Nance's, Mara's, Carriere Distalizers, Expanders, Pendulums): If your appliance comes out, save it in a baggie until we reopen and can determine if it needs to be re-cemented. If your appliance is partially out and you cannot fully remove it, call the office to schedule an emergency visit for it to be removed.

5.) Expanders: Stop turning palatal expanders after the recommended amount of turns. Do not complete any more turns until we reopen and can check your expander.

6.) Invisalign: For Invisalign patients, continue to wear your trays as instructed. If you run out of trays, wear the last set of trays for 10hrs every night to maintain the current position of your teeth until we can reopen and deliver your new trays. There are products that you can order online to clean your Invisalign trays (<https://www.invisalignaccessories.com/>), or you can purchase Retainer Brite on Amazon or at your local convenience store.

7.) Elastics: Wear your elastics as instructed until the time that you were originally scheduled to have your next appointment. After that time, wear them at night only to maintain the movement (or continue to wear them at night if those were the original instructions given). If you run out of elastics, you can order elastics on Amazon. However, MAKE SURE that they are the correct size (disregard the country name, order based on amount of ounces, size in fraction of inches or mm, and strength, eg. Japan = 4oz, 1/4", Heavy). If you are unable to wear an elastic on one side due to a broken bracket or wire, discontinue all elastic usage until we reopen and you can be seen again.

8.) Oral Hygiene: Maintain good oral hygiene. This is not only an important part of maintaining good overall health, but it also allows for proper movement of teeth and lessens the risk of developing dental infections or emergencies. Consider using a Waterpik, in addition to brushing and flossing, to flush around all orthodontic bands (metal rings around some molars) and appliances.

9.) Wash Your Hands!: Make sure to wash your hands for at least 20 seconds before putting your hands in or near your mouth, and before handling your elastics, retainers, or trays.

10.) Future Appointments: As soon as we reopen and are given instructions to be functioning in full capacity from State and Dental associations/Board, we will call and schedule an appointment with you.

11.) Emergencies: In compliance with current CDC, OSHA, and state regulatory guidelines, dental offices have been instructed to limit patient care to emergency visits: more specifically to address any situation that causes extreme pain, bleeding, or infection. If your concern falls under the current emergency guidelines, please call the office number. You will be connected to a call center that can triage your issue and schedule emergency care as needed at a nearby dental facility.

Additional Videos:

Hacks for handling orthodontic emergencies at home:
<https://www.youtube.com/watch?v=Ql6mcukDGR0>

Information about coronavirus and tips for orthodontic patients:
<https://www.youtube.com/watch?v=6CC71-7C86U>