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TO ALL PARENTS/ GUARDIANS AND PATIENTS

It is very important to follow the instructions otherwise treatment could take longer and become more expensive than originally quoted:

- ✓ Do not eat hard crusty breads. Cut the crust off or hard pizzas. Rusk and hard biscuits should be dunked.
- ✓ Cut up hard fresh fruits and vegetables such as apples, peaches, carrots etc. do not bite into them.
- ✓ Chops, drumsticks and spare ribs must be eaten with a knife and fork, do not try and eat the meat off the bone.
- ✓ If you eat biltong keep to the soft sliced variety.
- ✓ Do not bite finger nails, pens or pencils.
- ✓ Plaque must be removed three (3) times a day. A build up plaque can lead to **stained marks** on the teeth and even to tooth decay. Plaque also causes infection of the gums if left for only few days. A fluoride mouthwash should be used daily.
- ✓ Instructions must be followed otherwise the teeth will not move according to plan.
- ✓ Problems will develop if you do not follow this advice. Wires can be bent by hard objects and as a result teeth can move in the wrong direction. Brackets can be broken off causing incorrect movement of teeth. These problems can result in treatment time being lengthened and in extra costs being charged. If the number of breakages result in a significant increase in treatment time it might become necessary to renegotiate the treatment fee.
- ✓ An increase in treatment time can also be expected if **appointments are not kept** on a regular basis. Late cancellation or failure to attend an appointment can also add to treatment time as it is often only possible to re-appoint some weeks later. A fee may be charged for failure to attend an appointment and of late cancellation.