

# WELCOME

to



*We are pleased that you have considered us to provide your orthodontic care! Dr. Khan and his highly trained team offer the best in orthodontic treatment and make each patient feel they are truly an important part of our family. After all, orthodontics is not a “one time visit” but rather a commitment for a period of treatment time.*

*Take a moment and read through the materials that have been designed to inform you about your orthodontic care in general. Also included with this information are the details about fees for services and our mutual commitment to sound orthodontic care.*

*Dr. Khan and / or his staff are available to serve you and respond to your concerns and questions. We want to assure you that when you have selected our office you can be confident and comfortable with your choice. Thank you for your consideration and we hope we can be of service to you in creating a beautiful smile for years to come!*



# General Information

*The material contained here will provide you with a great deal of information about braces. Please read it carefully before you begin your orthodontic treatment, as it will serve to clarify the process and options available. We are available to serve you and respond to your concerns; however you can use this information as a reference guide when you have simple questions that do not require a response from an orthodontist. You may also visit our website at [www.SmileOdontics.com](http://www.SmileOdontics.com) .*

*We want you to be an informed consumer in pursuing orthodontic care. After reviewing this material, we are confident that you will consider **SmileOdontics** to be the finest alternative available in the area for your orthodontic treatment.*



# Benefits

- *Orthodontics plays an important role in improving overall oral health and in achieving balance and harmony between the teeth and face for a beautiful and healthy smile. An attractive appearance can help enhance one's self esteem which can improve the quality of life. In addition, properly aligned teeth are easier to brush and floss, thereby decreasing the tendency for decay and diseases of the gums and supporting bone.*
- *One of the goals of orthodontic treatment is to improve the bite by helping to direct the forces placed on teeth during ordinary everyday activities. The stress of chewing will be distributed throughout the mouth to minimize excess stress on the bones, roots, gum tissue and temporomandibular joints. The pleasant smile that orthodontics may achieve can, in fact, improve one's overall health.*
- *Benefits vary as does each patient and their response to treatment. Whether you are seeking a beautiful smile or relief from discomfort due to misaligned teeth we provide full cosmetic to medically necessary orthodontic treatment. Patients' benefits can range from a more self-confident smile to life altering effects such as a new career!*



# We Are All About Technology!

*From the first call to our office you will see that we have put technology to work for us! We believe in doing our part in saving the environment and that means being PAPERLESS for less waste. We'll take the additional time when you come in for that first visit to gather all the information that is necessary to setup your patient files (billing, insurance, history.) Any personal identification that is provided is instantly scanned in your patient electronic chart – no hard copies are maintained, so nothing can get “lost” or viewed by unauthorized parties.*

*We will scan your forefinger for easy check-in / identification of the patient. Again, this information is maintained and secure within our computer files and is only used as a means of identification for check-in.*

*When we take the “records” – you'll notice all the advanced technology! Impressions are sent to OrthoCad® for Digital Models to be prepared – these can be viewed online and are easier to maintain for accuracy; and soon Digital Scans will replace the old method of taking the impressions “alginate.” Our Digital X-Ray system means LESS RADIATION for the patient and better diagnosis / maintenance of information for our office.*

*Indirect Bonding – brackets have been placed with the aid of high technology and Dr Khan's experience which means the traditional method of securing the bracket to the tooth (one by one) is now QUICKER as the full arch can be placed at one time. With FASTER placement for the initial banding, FEWER appointments needed, yet QUICKER treatment time for completion – who wouldn't want that?*

*Invisalign® - for those adults or older teens who are wanting the “almost invisible” treatment option – Dr Khan is a leading provider and has been very successful with this type of treatment for his patients. Again, putting technology to work equals greater benefits for you! At your records appointment, the impressions taken will then be sent to Invisalign® where a series of aligner trays are created. At your initial placement, you will be explained about the proper wearing of the trays (when to take out, how often to wear, etc) and your appointments will be set according to the series of trays you are wearing.*

*For those “waiting”: our reception area offers Free WIFI, video games and More!*



# What To Expect During Treatment

There are many questions that you might have regarding what you will experience during orthodontic treatment. We will attempt to review as many of them as possible. These can include:

- *Some Discomfort* – although orthodontic treatment uses appliances to gently move the teeth; some tenderness of your teeth and gums is to be expected for a day or two after each adjustment. Each patient responds in a different manner to discomfort and if it becomes excessive, we suggest taking a mild over-the-counter analgesic like Advil®, Motrin® or Tylenol® that you normally use for aches, pains or fever.
- *Removal of Teeth* – it is sometimes necessary to remove teeth as part of the orthodontic treatment plan. This course of treatment is only utilized if it improves your chance for successful treatment. On the other hand, if teeth are missing, treatment may have to be compromised and an ideal result may not be achieved.
- *Treatment Time* – the length of treatment time varies on each case and with each patient. Younger Children may benefit from a Phase I or interceptive treatment when used to correct the bones / jaw structure and to ready them for later treatment after further tooth development. Comprehensive treatment is used to complete treatment of the permanent teeth, typical in teens and adults. We estimate the amount of active treatment time as soon as possible while maintaining the goal for the most optimum result.
- *Additional Records and X-Rays* – at the beginning of treatment we will take “start” records that include a series of x-rays, photographs and models of your teeth. We may wish to take additional records during the course of treatment as “progress” is made to monitor treatment and make any necessary changes in your treatment plan. We will also complete a set of orthodontic records when treatment is finished in order to plan your retention phase.
- *Retention* – when the braces are removed you will wear a retainer to hold your teeth in position. Retainers are a very important part of the overall treatment plan and your cooperation is critical to the results. Retainers will be worn for as long as it takes for the teeth to settle into a stable arrangement. If you fail to wear your retainer as suggested, we cannot be responsible if your teeth change position. Also, it is important that you keep your appointments that are scheduled to adjust the retainers. This retention phase of treatment is included in your total treatment plan and cost.



# Risks During Orthodontic Treatment

All forms of medical treatment may include certain risks and it is our intent to inform you as to as many of these as possible. Complications during and after orthodontic treatment tend to be rather infrequent, however, you should know as much as possible about these prior to commencing treatment.

- Decay, Decalcification & Periodontal problems – sometimes we see tooth decay, permanent markings (decalcification) and gum disease develop during orthodontic treatment. This can usually be prevented with proper diet, good brushing habits and regular dental check-ups with your family dentist. If you are having difficulty brushing or flossing, please ask one of our staff for assistance. Orthodontic appliances can be a trap for food and debris and can be a contributory factor in the accumulation of plaque and potentially result in swollen gums and a periodontal problem. Sometimes we may need to refer you to a specialist in treating diseases of the gums called a periodontist. Most of these kinds of problems can be prevented as we have suggested with proper oral hygiene and cooperation.
- Root Resorption – in some orthodontic patients, the length of the roots of the teeth may be shortened during orthodontic treatment. Rarely this can be severe and impact longevity of the involved teeth. It is virtually impossible to predict one's potential to develop this problem.
- Relapse – refers to the tendency for teeth to change their position after treatment. This change is usually very minor and of no consequence if the patient is faithful in wearing retainers. Certain additional factors can contribute to a relapse such as: the eruption of wisdom teeth, growth patterns, tongue function, mouth breathing, and maturational changes in tooth size prior to treatment and lack of cooperation.
- Ceramic Braces – have been known to break and damage teeth. Remnants of fractured brackets might be harmful in other ways. Ceramic braces may also be responsible for wearing away tooth enamel, enamel fractures and flaking of enamel at debanding.
- Loss of Tooth Vitality – tooth discoloration and / or degeneration seldom occurs during orthodontic treatment. In such cases, bleaching may be suggested to restore a more natural tooth color. Root canal treatment might be necessary to maintain the health of the tooth. This may also occur on previously traumatized teeth with large restorations.
- Injuries From Instruments – on rare occasions, when sharp dental instruments are used in the mouth, the patient may inadvertently get scratched, poked or receive a blow to a tooth with potential damage to or soreness of the oral structure. Also, tooth grinding or jaw clenching may wear down biting surfaces of teeth.
- Injuries From Appliances – sometimes orthodontic brackets or other parts of the appliances may be accidentally swallowed or aspirated, or may irritate or damage the oral tissues. The gums, cheeks and lips may be scratched or irritated by loose or broken appliances or by blows to the mouth. It is normal to expect some post adjustment tenderness, which may last 24-48 hours. You will be given soft wax to cover any rough areas. If your retainer should break, stop wearing it and call the office as soon as possible. If you are wearing headgear, you must follow the directions that are given to you very carefully. Do not engage in physical sports or activities while wearing your headgear. Do not allow anyone to pull your headgear while wearing it and always remember to release the elastic force before removing the headgear. In the event of accidental swallowing of any appliance – it is always recommended for the patient to have an x-ray of the stomach. Please call our office to notify us of this situation.
- Growth – atypical formation of teeth or insufficient abnormal changes in the growth of the jaws may limit our ability to achieve the desired results. If growth becomes disproportionate during or after treatment, or a tooth forms very late, the bite may change requiring additional treatment and in some cases, oral surgery. Growth disharmony and unusual tooth formations are biological processes beyond the orthodontist's control.



- General Health – medical health and / or problems can affect your orthodontic treatment. If your medical condition should change, it is important that you inform your orthodontist of any changes. (e.g.: pregnancy, diabetes, hypertension)



# T M J

*Occasionally problems may occur in the jaw joints (temporomandibular joint – TMJ) and associated muscles, causing joint pain, headaches, clicking, earaches and limited opening. These problems may occur with or without orthodontic treatment. The symptoms may begin with joint disease, such as arthritis or result from a previous trauma. Tension, mood and emotional stress may affect the severity of the symptoms; it was believed that an imperfect bite (malocclusion) was the cause of TM Disorders (TMD.)*

*Occlusion, as a cause of TMD, has not been well demonstrated and bite problems that occur are most often the result of the problem rather than the cause. At times, it may become necessary to seek additional assistance from a TMD specialist, oral surgeon, physical therapist or stress control therapist in which case additional costs may be incurred.*

*Any TMD signs and / or symptoms should be reported promptly to your orthodontist.*



# Possible Alternatives

*In general, orthodontic treatment is an elective treatment. You may decide not to have any treatment at all. The specific alternative to the orthodontic treatment of any particular patient depends on the nature of the individual's teeth, supporting structures and appearance with some alternatives to treatment being provided by a General Dentist (ie. Veneers, Crowns, or other services.)*

*Sometimes oral surgery, tooth removal or orthognathic surgery is needed in conjunction with orthodontic treatment, especially to correct crowding or sever jaw imbalances. Risks involved with treatment and anesthesia should be discussed with your general dentist or oral surgeon. Some examples of combination of treatment options include:*

- *Extraction versus non-extraction*
- *Treatment with orthognathic surgery*
- *Prosthetic appliances*
- *Compromised treatment approaches*

*Restorative Dentistry – there may be certain situations in which various other treatments are needed following your orthodontic treatment. Some of these include cosmetic bonding, crown and bridge or periodontal therapy. Please ask your orthodontist about any additional dental treatment that may be needed.*



# Care Of Orthodontic Appliances

Once you have your appliances you must be sure to brush your teeth and gums better than ever before. Extra care must be taken in the area between your gums and the braces. We call this the “danger zone.” Food and plaque that collect around your braces and wires can cause stains and cavities, as well as unpleasant odors, so be sure to keep your teeth clean. Brush after each meal. Take your time and do it right. An electric toothbrush such as a Sonicare®, Rotodent® or Interplak® is fine and so is a Waterpik® appliance if used on the lowest pressure setting, so as not to damage the gum attachment.

Wearing orthodontic braces limits the foods you are permitted to eat. In general, there are two types of foods to stay away from:

Soft, sticky foods (such as):

- Gum (absolutely not permitted, not even Freedent)
- Sticky candy (caramels, taffy, licorice, Now & Laters, etc.)

Hard, brittle foods (such as):

- Ice
- Pizza and Hard edges of Pizza
- Crisp French Fries
- Doritos, Chips, Fritos or Nachos
- Nuts
- Popcorn
- Waffles
- Submarine Sandwiches, Hoagies or Hard Bread
- Bones
- Apples or Other Fruits (unless cut in smaller pieces)

Certain foods may be eaten if they are served in a special way. Whole fruits and vegetables such as apples and carrots should be sliced and eaten carefully. Hard, crusty breads should be broken and eaten in small pieces. Fresh corn may be eaten if sliced off the cob. Please be careful in picking the foods you eat.

*In general, keep pencils, fingernails, etc. out of your mouth.*

*Do not suck on lemons or limes and especially do not suck or chew on ice cubes.*

*Treat your braces and appliances as expensive fine pieces of jewelry.*

*In a very real way, that is what they are!*



# Appointments

We would like you to understand the goals we seek to achieve by our appointment system. Orthodontic force systems must be adjusted and monitored every few weeks for treatment to proceed as planned. Many of the office visits will inevitably conflict with work, school or after school activities. In order to balance the need for regular appointments with the need to minimize missed school and work hours, we have designed our office schedule to accomplish the following:

- We want to see each patient at the time of his or her scheduled appointment. Your time is valuable; it should not be wasted sitting in our reception room. So it is important that you be on time and keep your appointments.
- We want to have enough time at each appointment to do the necessary adjustment, plan the next visit, discuss treatment progress and answer questions.

Orthodontic treatment proceeds in stages; sometimes all that is needed is a nudge here and there which requires a relatively short appointment. Other times, major changes are necessary in the appliance requiring a longer appointment. With this in mind:

- We will schedule longer appointments during school and work hours and rotate shorter appointments for before and after school and work. In this way, we do not reserve an entire afternoon for one or two patients, but rather see as many patients as possible with shorter appointments. One consequence of a schedule arranged in this fashion is that the office is quieter in the middle of the day and busier in the early morning and late afternoon.
- Likewise, as most patients require the same 4-6 week rotation in appointments, the schedule will fill up high traffic times in 4-6 weeks out. This means if you fail to keep an appointment time you may not be able to be rescheduled for several weeks – causing a delay in your treatment time. Or it may be necessary to reschedule the missed appointment to a less than ideal time.

Because the schedule is carefully crafted, arriving late or missing your appointment can pose a problem. In fairness to the other scheduled patients, we will not force a late arrival into the schedule. Patients 10 minutes late to their appointment will need to be rescheduled, unless a change in the schedule permits the patient to be seen. All failed or late appointments should be rescheduled as soon as possible.

We encourage our patients to brush their teeth PRIOR to their appointments. We can provide a complimentary one-time use toothbrush for this purpose. Please ask for this toothbrush upon arrival and brush PRIOR to being called back for your appointment.



# Orthodontic Contract Summary

The Orthodontic Contract Summary is used to inform you of the anticipated cost of treatment. As a courtesy to our patients, we work with several outside companies to provide financing as well as in-house alternatives, all of which make our orthodontic treatment affordable for all patients. We do accept assignment of Insurance Benefits and will submit the necessary forms; however, in the event coverage is lost or benefits received are less than anticipated, the patient is responsible for any remaining balance.

When you or your child begins treatment, a Records Fee will be charged at the time of service, an Initial Payment with Costs of Other Related Services (i.e. special appliance, Invisalign®, ceramic or gold braces) will be charged as a Down Payment, with the balance of the cost of treatment arranged in monthly installment payments. (Retention fees have been included in the overall cost of treatment.)

**INSTALLMENT PAYMENTS ARE DUE EACH MONTH WHETHER OR NOT YOU SEE THE ORTHODONTIST.** Patient installments are due each month regardless of any pending insurance payments. The accounting software charges each account at the 1<sup>st</sup> of each month and payment should be made accordingly. Any payment not made during that same billing month will be considered as late and additional fees may be assessed.

You may choose to make an additional payment or apply any insurance payments to reduce the number of payments you have to make; however, the dollar amount of the installment payments will remain the same.

In-house financing balances may be subject to an Annual Percentage Rate as determined by our office policy at the time. Accounts that become delinquent and are non-responsive to notifications of such may be subject to additional collection procedures and charges.

Additional fees may apply in the event of multiple missed appointments, late cancellations and / or broken appliances. You will be given a warning prior to these charges being incurred however; your cooperation in helping us to make effective use of our time and energy is greatly appreciated. Additional fees will be added to the monthly payment amount and should be paid with the following payment / or next appointment with our office (whichever is soonest.)

We make every effort to make orthodontic care affordable for you and we accept a number of credit cards for payment of services. As a courtesy to our office and to assist in reducing administrative costs, patient's who request monthly billing will be setup on automatic charges to a credit card and will be maintained on file. If you would like to have a record for these charges, we can print a coupon booklet as your reminder.

