

CHRIS PHILIP, D.D.S.

Specialty Permit #3360

Diplomate, American Board of Orthodontics

CHRIS KOJANIS, D.D.S.

Specialty Permit #3383

TENAFLY ORTHODONTICS, LLC

111 Dean Drive
Tenafly, NJ 07670

(201) 569-2112
(201) 567-3013
Fax: (201) 569-7605

Now we are really on our way!

Your fixed appliances or bands are the handles we use to move your teeth. Treat them with care so no time will be lost by repairs. You must understand that extreme care of the mouth is necessary during treatment. You must be very careful about the types of food you eat and about the manner in which you eat them. Hard foods and sticky foods such as caramels do a great deal of damage to the appliances.

You must keep your bands and teeth **EXTRA CLEAN!** No matter how carefully we prepare and clean your teeth in our office only continuing care at home will keep them clean. If you neglect your tooth brushing responsibility, decay and discoloration of your teeth may occur.

Expect some discomfort for the first few days. It is not uncommon for the teeth to become tender as the wires begin to work. First try eating softer foods and taking smaller bites. If needed, you can take some Tylenol or Advil for the discomfort. Some areas of your braces may feel sharp and for those areas place a small piece of wax.

If you have any problems or questions please feel free to call.

THINGS YOU SHOULDN'T EAT:

STICKY:

GUM
NOW-N-LATERS
TAFFY
STARBURST
GUMMI BEARS
GUMMI WORMS
SWEDISH FISH
TWIZZLERS
JELLY BEANS
TOOTSIE ROLLS
CARAMELS
SNICKERS
MILKY WAYS

HARD:

NUTS (ALL KINDS)
ICE CUBES
DORITOES
HARD ROLLS/ BREAD
PIZZA CRUST
ROCK CANDY
CRACKER JACKS
CANDY APPLES
JAW BREAKERS
BLOW POPS
TOOTSIE ROLL POPS
POPCORN
PRETZELS

CUT INTO SMALL PIECES:

RAW VEGETABLES:

CARROTS
CELERY
RADISHES

HARD FRUITS:

APPLES
PEARS

CUT CORN OFF THE COB!

CUT MEAT OFF THE BONES!

PULL BAGELS APART!

(SMALL PIECES)

MEMBERS
AMERICAN ASSOCIATION OF
ORTHODONTISTS

