



# ORTHODONTIC SOLUTIONS

## A GUIDE TO MAKING IT THROUGH THE PANDEMIC

Dear Patients and Parents,

Due to these unprecedented and rapidly changing circumstances, we know you might have some questions about the COVID-19 pandemic and how it may affect you or your child's orthodontic care. Our team has put together the following information to help you get through this temporary period of office closures.



### HOW LONG WILL OUR PRACTICE BE CLOSED?

Due to the nature of the COVID-19 pandemic and following the lead of Canadian public health authorities our office is now closed (except for limited emergency treatment) and will reopen as soon as is permitted. We will provide regular updates via email and on our Facebook page as the situation evolves. We are always available to you via phone 519-442-4452 or email: [smiles@parisdentalcentre.com](mailto:smiles@parisdentalcentre.com)



### HOW SHOULD I PROCEED IF I AM WEARING BRACES?

Please make sure you keep good oral hygiene by brushing after meals and flossing/waterpik nightly. Also, be careful when eating to avoid any breakage... cut hard foods into small pieces and start chewing slowly with your back teeth. If wearing elastics continue to do so as directed. Your braces will continue to straighten your teeth all day and night. Proper elastic wear will continue to correct your bite.



### HOW SHOULD I PROCEED IF I AM WEARING AN APPLIANCE?

Please make sure you keep good oral hygiene by brushing after meals and flossing/waterpik nightly. If you have a removable retainer, always rinse your mouth and the retainer before placing it back in your mouth. Your appliance will continue to work as prescribed.



### HOW SHOULD I PROCEED IF I AM WEARING INVISALIGN?

Please make sure to keep wearing your active aligners as instructed to continue progressing through your treatment. Make sure to seat your aligners fully. If you have completed your last aligner, continue to wear it nightly (10-12 hours per day) to ensure that your teeth stay in position and make your aligners last longer. Keep your aligners clean and avoid all drinks other than water while wearing them.

# A GUIDE TO MAKING IT THROUGH THE PANDEMIC (CONTINUED)



## **WHAT SHOULD I DO IF I WAS ABOUT TO GET MY BRACES OR APPLIANCE OFF?**

Unfortunately, these types of orthodontic procedures cannot be carried out at this time. Having braces or appliances on longer than anticipated is annoying but will not adversely affect treatment results. Always brush and floss thoroughly to maintain your dental health. We will resume removal of braces and appliances when we are advised that it is safe to do so.



## **WHAT SHOULD I DO IF I WAS SCHEDULED TO START TREATMENT?**

We are excited for all our patients to take this big step, and look forward to seeing you again as soon as possible to get things going. When this situation has stabilized and we are permitted to reopen we will contact you to reschedule the necessary appointment(s).



## **WHAT SHOULD I DO IF I WAS SCHEDULED FOR A GROWTH AND DEVELOPMENT (MONITORING) CHECK?**

These appointments are very important but, by their nature, become elective at a time like this. We will contact you to reschedule the appointment when the community situation returns to normal.



## **WHAT SHOULD I DO IF I WAS SCHEDULED FOR A RETAINER CHECK?**

These appointments are very important but, by their nature, become elective at a time like this. Continue to wear your retainers as instructed. Failure to wear your retainer as prescribed may result in unwanted tooth movement.



## **I HAVE A POKEY WIRE, BROKEN BRACKET OR SOMETHING ELSE IS BOTHERING ME. WHAT SHOULD I DO?**

Fortunately, in orthodontics it is extremely rare to experience a true dental emergency and most if not all cases can be stabilized by you or a parent at home. Should you require help with your appliance, please call us so we can determine the best course of action for your specific situation.

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The above information was created for the patients of **Smile City / Paris Dental Centre**. We will continue to keep patients and parents updated with regard to any changes to our office policy. We also encourage our patients to stay up-to-date with relevant and reliable information through the Canada's Public Health website. Together we can impact the effects of this virus.

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