

## TELEDENTISTRY and TEXT MESSAGING TO CHECK YOUR PROGRESS WITH YOUR BRACES

You're making progress!!

We are moving on to a very important part of your braces. We have been working hard to get your upper teeth straight and your lower teeth straight and boy is it looking great!!

The next step is the big one. This is when we get your bite to come together. During this phase we need a lot of rubber band wear from you. For things to move you have to wear your rubber bands 24/7. The way our teeth work if you only do it part of the time it is like doing it not at all. You heard me right... wearing rubber bands only part time your teeth won't even move....



Dang, that's tough! But... if you don't commit to wearing them 24/7 you will be in braces FOREVER!!

Seeing your bite move is a harder thing to see, it's easy to see the front teeth get straight, it's hard to see how the top and bottom teeth come together. The important thing is to stay strong, stay motivated and wear them.

Your next steps:

One of our team members is going to schedule your next appointment, but it is not going to be in the chair, it is going to be a virtual check!

**YAY!!! I don't have to take work off or get the kids out of school!**

When your appointment time comes you will receive a text message asking you to take some photos. There will be a link on how to take them and will be provided a set of cheek retractors. It looks like these!

Take the photos with your rubber bands in. Click on the link and upload your photos you take. There will be a spot to ask any questions if you have them. Simple as that! Important thing is to make sure you bite on your back teeth and make sure you have your rubber bands in. It helps to bite and smile without the cheek retractors in and then look in a mirror to see how your bite is naturally and then when using the cheek retractors make sure you copy how you were biting.



Please include how often you are wearing the rubber bands and if you need more.

You will then receive a reply from our front desk to schedule your next virtual check. Keep staying strong with those rubber bands. Dr. Hardy and his team will check your photos. If needed, we will send you a second text or call asking you to come in to do an in person adjustment with the doctor.

Please know we are always here for you. If you need more rubber bands, give us a call, if something is of concern, shoot us a text! Or if you just want to see Dr. Hardy's beautiful face, we will get you in. :)