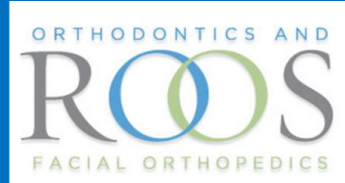


ON THE WIRE

The official newsletter of Roos Orthodontics: Spring 2015
16150 NE 85th Street #124, Redmond, WA 98052 Ph: (425) 885-1642
email: info@roosortho.com www.roosortho.com



**Will you and 3 friends be at
Century Link Field on August 8th?
ANNOUNCING the exciting new
contest at Roos Orthodontics...**



Do you have friends looking for an orthodontist?
Refer them to Roos Orthodontics and remind them to
tell us where they heard about us, when they
schedule their FREE consultation!

For each person you refer who then
schedules a consultation, you will receive a point.
The individual or family with the most points on
June 15th will win

**FOUR tickets to see
Taylor Swift in concert
at Century Link Field
on Saturday, August 8th
at 7:00PM**

Ask our front office for more information!

TRAFFIC ALERT



We are all only too aware that
Redmond and the surrounding
areas are almost at a
standstill at busy times of day
because of the local road
building/construction.

**Please remember to allow
extra travel time to your
appointments.**

While we are sometimes able
to accommodate a late arrival,
it isn't always possible.

Please understand that we
may need to reschedule your
appointment to another time
and/or day

*Thank you for your
cooperation.*

EASY CLEANING

Cleaning your aligners is a snap!
Simply brush and rinse them in
lukewarm water, or use the
Invisalign cleaning kit.



NEW FACES WHEN YOU GET YOUR BRACES!



Hi my name is **Caitlin** and I am the newest Treatment Manager on Dr. Roos' Team.

I have worked in orthodontics for two years, and had the best orthodontic trainer possible - my mom! (She knows me better than anyone else.)

I am excited to have joined this friendly team and look forward to meeting you all at your appointments. At the end of my work day I enjoy relaxing and listening to music. I am always looking for great local concerts to attend with my friends.



Continuing our series of
MEET THE TEAM...
an opportunity for our newer
patients to get to know us a
little better...

Dani is the Scheduling Coordinator and probably the first person you will meet when you enter Roos Orthodontics. She has been greeting patients with her smile since April 2005, and it's obvious that she enjoys coming to work every day. When she is not working, she spends time with her six kids and loves to watch her family grow as new grandkids arrive!



Random Fact Of the Day!

More people use blue
toothbrushes than any
other color.

Congratulations Great Patient Winners...



JANUARY:

Kai Von Sydow
Kate Yahn
Sarah Bateman
Lauren Pallemarts
Jaden Miller

FEBRUARY:

Josephine Shadle
Zach Jenkins
Marie Khodayar
Baylee Koessler
Quinn Smith

MARCH:

Aneesha Ramesh
Jacqueline Frimodt
Griffin Bye
Teva Groulx
Danica Welch

**What does it take to be
entered into our monthly
GREAT PATIENT draw?**

Be on time for appointments
Have no failed appointments
Show good oral hygiene
Compliance with
appliance/elastics
Have nothing broken or loose

FAMILY MEMBER DISCOUNT!

*Family members of patients
currently in treatment at Roos
Orthodontics receive a 5%
discount off their treatment!
Remember - adults can wear
braces or Invisalign too!*

YOUTH ART MONTH SELF PORTRAIT CONTEST:

Congratulations to all our wonderfully creative patients for their entries into our contest. Here are some of the masterpieces:



Tales from the Department of Lost Retainers...

My dog ate my retainer !!

My dog's name is Jones, and he likes to chew. When I left my retainer on a coffee table, he grabbed it with his mouth and tried to put it on. It didn't fit in his mouth because he is a dog, and the retainer was made for humans. When I realized what Jones had done, the damage had been done & the retainer was made into a dog-human hybrid retainer.

My dog thought that it would be a good idea if he got the retainer because he probably thought it was food. At the time he got the retainer, we were eating food, so it makes sense that he would think it was food. That is alright though I like my dog and forgive him for his mistake since he was probably just hungry. I'm having fun !!



The Team took time out to explore the Pompeii exhibit in Seattle recently...

To all of our



patients...

Please be sure to bring your CURRENT aligners with you to your appointments so that we can be sure to be completely up-to-date with your treatment!
Thank you!

TOOTH TALK

Check List for Your Life with Braces

When you have braces, you'll need to take extra care of your teeth, as well as your new appliances. Here's a list of things that will make your orthodontic experience more convenient, more comfortable, and more efficient.

A good orthodontist-recommended toothbrush.

Whether you use a manual or an electric toothbrush, be sure to choose one with soft bristles. Brush in a gentle, circular motion to massage and clean your teeth and gums, and remove any food particles stuck between your wires and brackets.

Non-whitening toothpaste.

If you use whitening toothpaste, your teeth may not whiten evenly, because the tooth surface bonded to the brackets will not be exposed to the whitening agent. Save your teeth-whitening treatment for when your braces are removed, and all teeth can be whitened evenly and at the same time.

A water flosser.

Flossing between each bracket and wire is essential to keep your teeth healthy and your appliances intact, but it's not easy. Try using a water flosser, such as Waterpik® or Sonicare®, which uses a stream of pressurized water to remove plaque and debris.

Orthodontic floss and floss threaders.

If a water flosser isn't feasible, buy floss specifically made to be used with braces. Similar to traditional floss, orthodontic floss is threaded between your teeth to remove plaque and food particles. However, orthodontic floss has a sturdy tip which makes it easier to thread under your wires.

Mouthwash.

Cavities and gum disease can delay the outcome of your orthodontic treatment and damage your smile. An antiseptic and anti-plaque mouthwash kills plaque bacteria that can lead to cavities, gingivitis, and bad breath. Mouthwash with fluoride also helps strengthen enamel and protects against tooth decay.

Pain relievers.

When your braces are placed, and after each adjustment, you may experience soreness and discomfort. While this is perfectly normal and temporary, you can use an over-the-counter pain reliever, such as Tylenol (Acetaminophen), as directed to ease your discomfort.



Soft foods. There are some foods you'll have to avoid when you have braces. These include foods that are chewy (for example, licorice), crunchy (popcorn), sticky (caramel), and hard (nuts). To prevent damage to your braces, stick to soft foods like cheese, pudding, pancakes, mashed potatoes, steamed vegetables, applesauce, and bananas.



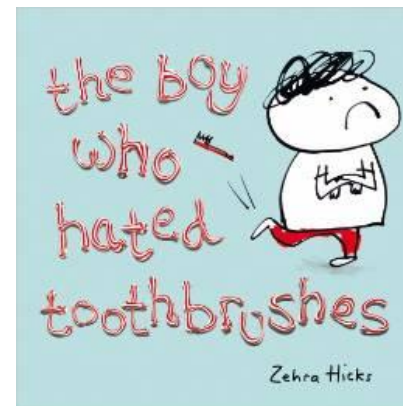
Do we have your current contact info?
Please be sure to update us at your next appointment!

Wax.

Your lips, cheeks, and tongue may become irritated for one to two weeks as they become used to the braces. We would be happy to give you some wax you can put over the braces to lessen the tenderness. If you need some wax, please let us know.

Questions about what you'll need during your orthodontic treatment? Just contact our office and ask! We're here to make sure your time in braces is as pleasant and comfortable as possible.

BOOK CORNER:



The Boy Who Hated Toothbrushes by Zehra Hicks

Billy hates toothbrushes. He never cleans his teeth—not when there's so much else to do. But Billy has never seen a Funtastic Toothsparkler before. There are so many cool things he can do with it! But the big question is, will one of them be brushing his teeth? Full of witty moments, and using a limited color palette to striking and innovative effect, this is the perfect book to inspire young children to brush their teeth.