



On The Wire

The official newsletter of Roos Orthodontics:
August/September 2017

Back to School with Braces

Going back to school with braces or Invisalign needs some planning too – here is our Roos Ortho check list:

Cell phone: (Not just for #roosselfies!) Make sure our Roos Orthodontics number - 425 885 1642 - is stored in your contacts list. That way, if you have an orthodontic emergency at school you can call us to get you on the schedule as soon as possible. We may even be able to help you with a temporary fix, over the phone.

Braces Bag: We also recommend putting together a small “Back to School with Braces” bag. Apart from the obvious extra toothbrush, toothpaste and floss picks to use after lunch, it could also contain the following:

Rubber bands: If you have rubber bands on your teeth, include a few extra of these as well to change during the day. This will allow you to take them out while eating and put in a fresh new pair.

Extra wax: In case you get a poky wire, loose brackets and mouth irritation. If a bracket or wire is loose and causing irritation or pain to your lips or cheeks, you can slap some wax on it! Make sure that the bracket or wire is very dry first, then pinch off a pea-sized piece of wax, roll into a ball, and flatten it. Place this over the area causing irritation.

Invisalign patient or no longer in braces but wearing a retainer? REMEMBER to take the case with you to school. This way you will have a secure place to keep your Invisalign tray or retainer during lunch.

Keeping your teeth extra clean while wearing braces is important – and so is keeping your teeth safe... Back to school with braces also means back to school with braces AND PE! If possible during PE wear a mouth guard. These can be simple and inexpensive or more complex in fitting to your mouth. Speak to Dr. Roos about this at your next appointment

Back to school with braces may seem like an adjustment, but there are ways to make it easier. Use these tips and it will become routine in no time!



Contest Winners

We appreciate all of our patients
– and particularly all those who qualify for our
monthly

GREAT PATIENT DRAW!

Congratulations to our **JULY** winners and
thank you to their Dentists for partnering with us
on their care.

Gwendolyn K (Dr. Tony Sieu)

Connor F (Dr. Shane Ness)

Jay E (Dr. Emma Etemadi)

Claire T (Dr. Stephen Sadler)

Bayley K (Dr. Cristin Dowd)

To qualify for the Draw you need to:

Be on Time for your appointments;
have no failed appointments;
be appliance compliant;
display good oral hygiene.

Thanks for the

*A big thank you to everyone who has posted
a review online - your recommendation is the
highest accolade you can give us!*



*"I love the employees and the overall vibe of the
place. The whole Roos community is very friendly
and scheduling appointments is very easy."*

Office Hours

Please note that from Monday September 5th,
we will be back to our regular hours:

Mondays, Tuesdays: 8:00am - 5:00pm

(Lunch 1:00pm - 2:00pm)

Wednesdays: 8:00am - 5:00pm

(Lunch 12:20pm - 1:20pm)

Thursdays: 8:00am - 4:30pm

(Lunch 1:00pm - 2:00pm)

Fridays: CLOSED



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Summer Contest

