



# On The Wire

The official newsletter of Roos Orthodontics:  
September 2018

## 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:** 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..

Iahitha- Dr. Susan Kim

Saanvi- Dr. Van Der Sluys

Carson- Dr. Purva Merchant

Ayaana- Dr. Hassan

Dustin- Dr. Van Der Sluys

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..

# Office Hours

Please note that from Tuesday, September 4th, 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

# Team Transitions

We are sad to announce that Alisha, one of our treatment coordinators is relocating with her family for her husband's job in Bend, Oregon. We are not looking forward to her departure from our office but will retain her as our Social media and Marketing support remotely. Alisha will be back in the office filling in on occasion. This is important as we all want to see baby Benjamin growing. Tracy, who has been an orthodontic assistant for over 20 years and front office coordinator will be training to take on this new role and we are thrilled to have her skillset in a very important job to educate our patients on just what treatment will look like for them, as every treatment plan is individualized. Let's all welcome Tracy to her new role as Treatment Coordinator.



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