

Subject: Updated Guidance for Our Marda Loop Braces Friends and Family

Dear Marda Loop Braces Family and Friends,

Hey Everyone! This is Dr. Chen checking in with all of you again. Thank you so much for those who have interacted with me using our office email [info@mlbraces.com](mailto:info@mlbraces.com), our Dental Monitoring Service and our Zoom video sessions. I'm really happy we've been able to discuss our experiences together, to share a smile, and to make sure things are progressing in the right direction.

Given the current updates from the government and dental boards, our approach moving into April will be to look and plan ahead at least 2-3 weeks at a time. More specifically, I'm opening up the lines of communication now for those people who have **appointments between these dates: April 6th-18th**.

If your appointment falls between these dates you'll be receiving an email later this week to give you more specific guidance, custom to the type of orthodontic appliance you have, so that we can continue to make forward progress. We will also reserve you a future in-office appointment based upon what is anticipated to be done and you will receive a separate email indicating the proposed date and time.

In the meantime, here are some general *Guidelines and Tips* to help all of you:

**Support for Invisalign Patients:**

If you feel that you will be running out of trays within the next 5 weeks, please email:

- Your current tray #
- Your current wear-time schedule (5 days, 7 days, 10 days...etc)
- 6 photos biting down: 1 set with trays in, 1 set with trays out (see 3 photo example below)



**Tips for Invisalign Patients**

1. Running Low on Trays - please notify our office. In the meantime, you can extend the wear time of each tray from 14 days up to 1 month+ for each set. The tray materials are robust enough to last that time period.
2. Keep Your Trays Clean - with an electronic toothbrush/toothpaste under running water. Also, over the counter "denture cleaning tablets" can work too if you ran out of your cleaning crystals.
3. Need More Elastics? Email us for pickup

**Support for Braces Patients:**

*Video links for What To Do When you have a Loose or Pokey Wire/Bracket...*

1. How to Replace Back a Loose Wire – <https://youtu.be/KZZOXdl4sXw>
2. How to Cut/Trim a Longer Braces Wire – <https://youtu.be/yWltOoawITo>

3. How to Apply Wax to Pokey Wire or Brace – <https://youtu.be/nvngBy9KdEI>
4. Need More Elastics? Email us for pickup

**Support for Myobrace and/or Myology Patients:**

Please continue to work on the exercises provided. You can also refer back to previous exercises and continue to build good, lasting habits from those as well. If you need additional exercises, please email us and let us know which ones you have recently completed, and what the current needs are still.

**Special Thanks....and of course.... some LEGO from me, your biggest fan!**

A special shout out to our braces patients, who are working hard to really pay attention to our Softer Diet rules of keeping away from things that are too Chewy, Crunchy, Sticky or Sugary (CCSS). And a special thanks to ALL our patients, who are keeping up their teeth and gums super healthy with their sweet brushing and flossing skills. We all suddenly have a bit more time to floss as a family now! To have a bit of fun during this break, please send a silly or fun family activity photo to our [info@mlbraces.com](mailto:info@mlbraces.com) so we can share with our Marda Loop Braces Family. Whether it is a photo of your family flossing together, building Lego, OR any family fun activity you guys are enjoying these days, we will share them on our facebook/social channels for everyone to enjoy! As an appreciation, we have a some small *Lego gifts* for the best photos!!

Your Friend in the World of Orthodontics,

Dr. Andrew Chen