

## SUMMER HOURS BEGIN JUNE 1ST!

## Appointments:

Monday 7:30 AM - 3:30 PM

Tuesday 7:50 AM - 3:30 PM

Wednesday 7:30 AM - 3:30 PM

Thursday 7:30 AM - Noon

Friday 7:30 AM - 1:00 PM

As a courtesy to other patients, please call ahead of time to schedule all appointments, including any repair appointments.



### Foods To Avoid With Braces and Appliances



HARD CANDIES, SUCKERS, AND ICE  
STARBURST, SKITTLES, TAFFY, HARD CARMELS  
CUT YOUR CORN OFF COB  
CUT APPLES INTO SLICES



### Drinks:



When keeping yourself hydrated this summer, remember to drink things that are low in sugar such as "G2" Gatorade, Propel, water, or even a "diet" soda.

### Broken Brackets, Etc...



Please always bring your loose brackets and such with you to your repair appointments, as we can properly clean most of these items and place them back on your teeth again.