



DR. P. RAHIMI
CERTIFIED ORTHODONTIST

COVID-19 Instructions for Palermo Orthodontics patients

We have developed this resource to help assist our patients in active orthodontic treatment or retention during our mandated COVID-19 closure. For more information or for individual questions, feel free to text us anytime at 905-825-8444.



INVISALIGN

BRACES

CARRIERE APPLIANCE

EXPANDER

RETAINERS

- **Change** your aligners every **2 weeks**.
- If you have run out of aligners, do NOT stop wearing them.
- Once you are finished your aligners, wear the last one for a minimum of 12 hours until you see us next.
- If you lose or break that aligner, make sure you go to the previous one.
- Continue elastics as prescribed. If you run out, let us know and we can mail you more.
- Do not wear trays that say "Over Correction" if possible.
- If you have reached the "Over Correction" trays, wear your last tray and contact us for further instructions.

- Continue elastics as prescribed. If you run out, let us know and we can mail you more.
- If you have a poky wire, see if you can trim it using cuticle scissors or a nail clipper. Use wax for temporary relief.
- If you have a bracket that breaks, it is OK! We will fix it at your next appointment.
- Avoid sticky and chewy foods.

- Continue elastics as prescribed. If you run out, let us know and we can mail you more.
- Contact us shortly before your appointment date to schedule a virtual appointment.

- Continue to do your turns as prescribed.
- Once you have done your turns, please schedule a Virtual Appointment so that we can advise you of the next steps.

- Keep wearing them as prescribed!
- If your bonded (glued on) retainer wire breaks, continue to wear your removable retainers nightly until we can see you.
- If you have any questions, please schedule a Virtual Appointment so that we can advise you of the next steps.



Remember to brush your teeth, use floss threaders, and keep your mouth clean!



Remember to wash your hands thoroughly for at least 20 seconds!

If you are unsure what to do, please complete the Virtual Appointment on the next page.



Dr. Pourang Rahimi CERTIFIED ORTHODONTIC SPECIALIST FOR CHILDREN, TEENS & ADULTS

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The Palermo Orthodontics Virtual Appointment

During our mandated COVID-19 closure, we are working on ways to stay connected and support our patients who are in active orthodontic treatment as much as possible. Again, we apologize for not being able to schedule you a physical appointment during these uncertain times but have come up with a "Virtual Appointment" to help monitor your treatment and address any concerns you may have.

The process is quite easy and it involves two steps:

1 TAKE PHOTOS

Using spoons (to retract your lips and cheeks) and your mobile phone, take 5 photos as shown below:



CENTRE



UPPER TEETH



LOWER TEETH



RIGHT SIDE



LEFT SIDE

2 EMAIL THE PHOTOS TO US AT: info@palermo-ortho.ca

Tips to taking great photos:

- Have a friend take the photos for you.
- Make sure your flash is on.
- Try and capture just your mouth/teeth if possible.
- Relax your lips – don't make them tense!
- MOST IMPORTANT: keep your teeth together while taking the photos and make sure to bite on your back teeth.

Our team and Dr. Rahimi will then review your photos and get back to you within 1 business day. For some in-person appointments that we had to cancel we may reach out and ask you to complete a Virtual Appointment. Alternatively, you may complete a Virtual Appointment any time at your convenience.

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