Kast Orthodontics

Management of Active Patients during COVID-19

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 call us anytime at 440-878-3384. We also encourage you to follow us on facebook to expedite communication.

**Patients with Braces**

The most important issues regarding this downtime with braces involves oral hygiene and avoidance of damage to appliances. If you are following our instructions to avoid sticky and chewy foods to avoid breakage, treatment should stay on schedule. Brush and floss your teeth and keep your mouth clean Continue elastics as prescribed. If you run out of elastics, let us know and we can mail you more. If you have a poking wire, see if you can trim it with a cuticle scissors or a nail clipper. We can arrange an emergency appointment if you are unable to relieve the discomfort. Use wax for temporary relief. If you need more wax, let us know. If you have a bracket that breaks, it is OK! We will fix it at your next appointment.

**Patients with Expanders**

Continue to do your turns as prescribed. Once you have done your turns, please contact us to discuss how to proceed. We may simply continue upon our return or we may attempt to schedule a virtual appointment so that we can advise you of the next steps. Brush and floss your teeth and keep your mouth clean.

**Patients with Aligners** (Invisalign Aligners, Clarity Aligners &, Sure Smile Aligners)

Continue to wear and change your aligners as prescribed. If you have run out of aligners, please call us and ask how we should proceed. Do NOT stop wearing them. Wear the last pair of aligners for a minimum of 12 hours a day until you receive additional aligners or until you see us next. We may be able to do a virtual consult to guide you and we may be able to send additional aligners through the mail. If you lose or break an aligner, make sure you go to the previous one and wear it at least 12 hours per day. Call us if you lose aligners, as we may be able to order and send you replacement trays. Brush and floss your teeth and keep your mouth clean. If you are wearing elastics with your aligners, continue the elastics as prescribed. If you run out of elastics, let us know by calling or texting.

**Patients with Retainers**

Keep wearing them as prescribed. If you lose or break a retainer, let us know. Although there currently are restrictions upon who we are able to see, we do have a list of patients we will see urgently once restrictions are lifted. If you have any questions, call to schedule a virtual appointment so we can advise you of the next steps.

**Rescheduling Process**

Please have patience regarding rescheduling once our operations restart. We will be making these calls as soon as our restrictions are lifted. Although we would like to see all of you who had cancelled appointments on the day we reopen, this is impossible. We have devised a plan to see those with urgent needs first, followed those who have been cancelled for the longest period of time. We are attempting to do all this while keeping appointments of those who already have appointments in the books. To accommodate all this, we have added hours and days over the next two months. Our goal is to have all patients who have had cancellation to be seen within 4 weeks of our reopening.

**Effects to Treatment Time**

Many people have asked whether this minor hiccup will effect the time in treatment. For most patients, our projected end date will be unchanged. We use state-of-the-art wires which have extended memory, so the effect of the wires continue to express the desired movement. The biggest downside to this unique, lengthy interval involves hygiene. I can’t stress enough how important this is. With the loss of routine due to the school closings, we want to emphasize the need for good oral hygiene. The colored rings which hold the wires on can tend to hold plaque if not changed regularly.