

# FOREVER SMILES BRACKET CHATTER

Official Newsletter from Dr. Yan Razdolsky Specialist in Orthodontics for Children & Adults



Dr. Yan Razdolsky &  
the Forever Smiles Team

Invite you to see the  
magic this holiday season

## FANTASTIC BEASTS

AND WHERE  
TO FIND THEM

Please bring a guest and join us at a private screening  
**Saturday, November 19 at 11:30 a.m.**  
**AMC Showplace Theatre**

Visit our website or follow us on  for more details!

**YAN RAZDOLSKY D.D.S., L.T.D.**



ORTHODONTIST

**FOREVER SMILES**

**It's a Smile Evolution**

From First Visit to your  
**Forever Smile**

Did you know you can manage your patient information and even see photos that track your smile's progress online?

At Forever Smiles, we are excited to partner with Sesame Communications to keep you connected and up-to-date through our website. You can even set email, text message and voice mail reminders, pay your bill and post appointment feedback. Just visit us at [www.razdolsky.com](http://www.razdolsky.com) and click the log-in button to create, then manage your account information 24-7. It's a safe, secure environment that exceeds HIPAA requirements. Check it out today!

 **Log In**



Sign up now to access your account information  
For patients under 18, please enter the name of the person responsible for the account.

First Name \*

Last Name \*

E-Mail Address \*

Mobile Number \*

Used to verify your identity against our records.

Create Password \*

Verify Password \*

Choose Username \*

to Forever Smiles  
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How the day in which patients receive their photos  
is shared and not seen on the site, unless  
the patient wishes to share their photos for  
the site and for announcements and for their profile.

We will not share your information with third parties.  
We will share your information with third parties  
if other users wish to share their photos for  
the site.



**7** Tips,  
Tricks &  
Reminders



(cont'd on back)

Those of you learning to incorporate new routines and responsibilities into your daily life can find braces challenging at first. And those of you that have had braces for a while may think these tips and tricks are old news. Either way, we think everyone should find a formula that works for them and these tips, tricks and reminders can really help you on your path to a beautiful Forever Smile.

## # 1. Careful HOW you eat

There is a whole list of things you shouldn't eat when you have braces. But did you know sometimes it's just how you eat? Take your time and chew slowly. Lots of bent wires and popped brackets can be avoided if you do.

# 7 Tips, Tricks & Reminders (cont'd from front)

## #2. Brush up after lunch



Besides just brushing in the morning and at night, you really should brush up after lunch. This helps keep food from being trapped in your braces and between

teeth, which over time causes tooth decay. Lots of kids don't brush after lunch... either there's no time, or they just forget. A good tip... brush when you get home from school and before doing your homework. In between brushings, flosser sticks are great for dislodging trapped food which can make your braces look yuck.

## #3. Be mindful when having sweets



Sweets and sugars can get stuck on teeth and over time cause yellowing or worse, tooth decay. Get in the practice of brushing up after sweets. Bonus... it will help freshen your breath which can be really great for your social life.

## #4. Wear your bands

If you have hooks, wear your rubber bands all the time (except for when eating or brushing your teeth). Bands may hurt sometimes, but wearing them can stop the hooks from digging into or getting caught on your cheeks, as well as help your treatment move along as quickly as possible.



## #5. Wear a mouthguard when playing sports



When you wear braces on the field, court or ice, you want to be sure to keep your teeth and gums protected from painful, unintentional contact. And at the same time you just want to play and be comfortable.

Much like the differences between generic boil-and-bite mouthguards and custom mouth guards, not all braces mouthguards are the same. Ask Dr. Razdolsky about mouthguards designed specifically for athletes with braces. He can advise best how to protect your beautiful Forever Smile.

## #6. Have Fun!

Picking fun colors is a great way to express your personality and have fun.

Multi-colored bands can be matched up to lots of wardrobe choices, or you can even show your school spirit. Bright colors can be cheerful and radiant, while darker colors, such as dark purple and navy blue can make your teeth look whiter. But remember, color doesn't really matter if you keep your braces clean.



## #7. Keep your appointment and be on time!

Every month we pick a patient for our "On-Time" winner. To enter, just come on time, have the front desk sign your appointment card and drop it in the box. This month's winner is Karen P. Congratulations!



What really cool tip have you learned since you started wearing braces? Share it with us at [www.facebook.com/ForeverSmilesLL](http://www.facebook.com/ForeverSmilesLL) or on [www.instagram.com/foreversmilesbg](http://www.instagram.com/foreversmilesbg) and maybe you'll make out next list of Tips, Tricks and Reminders!



## In Closing

Thank you for being part of our Forever Smiles Family. If you have any questions about this newsletter or anything else, please do not hesitate to contact us at our Buffalo Grove office: 847-215-7554 or via email: [yan@razdolsky.com](mailto:yan@razdolsky.com). We look forward to providing you and our community with even more reasons to smile!

Truly,

[www.razdolsky.com](http://www.razdolsky.com)

Yan Razdolsky, DDS, BSD, LTD  
Orthodontist for Children and Adults

