

FOREVER SMILES BRACKET CHATTER

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

LOVE YOUR RETAINER

You've waited for what seems a long time to achieve your Forever Smile and you cannot stop showing it off. So, what now? Let's keep it in top form with a new retainer or two.

What can you expect from your new retainer? At first your mouth will water a little more than usual. This is normal, as at first your mouth doesn't realize your retainer isn't



food. The sensation will go away after a few days. You may also experience a little slurred speech for a while. Talk a little slower and practice reading out loud. This will help you get back to normal more quickly.

You should always wear your retainer as prescribed by Dr. Razdolsky and the Forever Smiles team. For many of you this can mean 24-hours-a-day to start. The only exception is when you are eating, cleaning them or maybe participating in contact sports. Always bring your protective case for storing your retainer when not wearing it. This will protect its shape. Never, ever wrap your retainer in a napkin or paper towel! We cannot tell you how many patients did it "just once," and accidentally threw it out in the lunch line. Plus, paper fibers can stick to your appliance making it difficult to clean and harbor yucky bacteria.

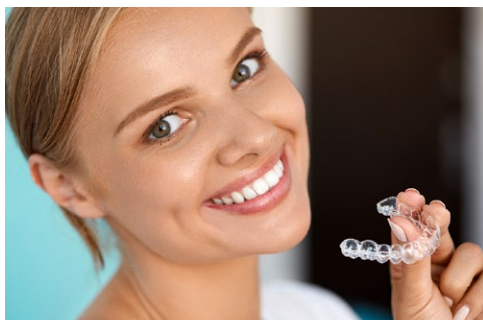
You should always be careful when inserting and removing your retainer (and when it is simply in your mouth). Some people like to play with their retainer with their tongue. This is an easy way to break it or bend the wires causing an improper fit. Retainers should feel snug if you are wearing them properly. They don't change in size, but they can become distorted if you play with them. They can also become misaligned if you are hard on them in placement or removal.

Another reason a retainer can become misaligned is if your teeth shift. This is generally a result of not wearing your retainer as prescribed. You should always wear your retainer as prescribed by Dr. Razdolsky to prevent shifting. Regular follow-up visits with the Forever Smiles team will help with maintenance, fitting and realignment of your retainer if necessary. Remember, the longer you have

been out of braces, the less often you will be required to wear your retainer, so in time it does become easier.

Retainers are exposed to the same bacteria and plaque as the rest of your mouth. If not cared for, they can become a haven for germs and develop an unpleasant odor. Much like your teeth, retainers should be

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



ORTHODONTIST

FOREVER SMILES

A Celebration in Cultural Heritage

Dr. and Anna Razdolsky are so proud of the Russian and Slavic community of Chicago. Throughout the year, the Razdolskys attend, host and contribute to several coordinated events with others from this distinct circle, and as such, are active in reaching out internationally to share the contributions of this community to others around the world.

Last Fall, the Razdolskys participated in the 4th Annual Eurasian Business Forum, hosted by the Moscow Committee of Chicago Sister Cities International. The forum featured speakers and panelists who discussed key issues and trends in the reciprocal markets and maximizing trade growth potential. Featured speakers included Alexis Rodzianko, President and CEO of the American Chamber of Commerce in Russia and Aleksander Stadnik, Trade Representative of the Russian Federation in the USA.

"What an exciting time to reach out to other areas around to world to share in common goals and improve trade relations,"

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FSA Deadline

Just a reminder to check your flexible spending account (FSA) to ensure all your dollars have been used before they expire. March 15 marks the annual grace period deadline for FSAs *(the last day for health FSA plan participants with the optional two-and-a-half-month grace period to spend their remaining funds from plans ending Dec. 31)*. Be sure to consult with your accountant or FSA provider for more information on your balance to maximize benefits before the deadline.

And remember, Dr. Razdolsky can help identify any treatments that may be needed in anticipation your flex account expenses through next year.

A Celebration in Cultural Heritage

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said Dr. Razdolsky. "We are honored to help represent our community and the United States in this effort."

Indeed, Chicago Sister Cities International extends extraordinary efforts to reach out and promote Chicago as a Global city through partnerships and citizen-to-citizen connections.

"The work of all these groups is truly inspiring and we are so proud to be a part of this ground-breaking effort," said Anna Razdolsky. "The diversity of our Chicago communities is growing, and our area leaders are engaged in building international relationships to raise cultural awareness and grow business."

Later that evening the 4th Annual Firebird Gala was held at the Chicago Union League Club and hosted by the Moscow Committee Co-Chairs, Aleksandra Efimova and Prince Piotr Galitzine. More than 130 guests celebrated this extraordinary community with food, music and dance as exceptional and distinct as its culture.

"We are so thrilled to be able to share in such a beautiful celebration," said Anna. "We love to connect with others and engage in programs which promote the arts, culture, youth, education, economic and sustainable development and humanitarian relief. It's like spreading Forever Smiles all over the world."



IN HONOR OF

National Dental Health Month

CHOOSE TAP WATER FOR A SPARKLING SMILE

(This is kind of a word of mouth campaign.)

LOVE YOUR RETAINER *(cont'd from front)*

cleaned and/or rinsed after every meal to keep them fresh. Clean them as you would your teeth, with a soft brush. Some retainers can be cleaned with a gentle toothpaste, but some cannot. When the time comes, you will be given instructions specific to the proper care of your appliance. However, when in doubt... please ask.

Lastly, don't forget. Exposure to heat is bad for your appliance. Avoid hot water when cleaning your retainer and never leave it in a hot car or exposed to direct sun. Heat and sunlight can distort your retainer or make the plastic material brittle and more susceptible to breakage.



Congratulations!
Joshua
Our ON-TIME January Winner



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. We look forward to providing you and our community with even more reasons to smile!

Truly,

Yan Razdolsky, DDS, BSD, LTD
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