



# Virtual Appointments with Timock Family Orthodontics

It's our goal to stay connected and provide support for patients currently undergoing orthodontic treatment. While our offices are closed, we will be offering virtual consultations and appointments. This will allow us to help you continue to make progress, as well as to address any questions or concerns that may arise while we are unable to complete in-office visits.

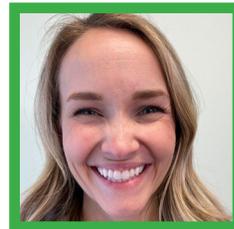
## Getting started with your virtual consult:

### 1. Take Some Photos

Grab two plastic spoons and, using them to pull back your lips and cheeks, take a few photos like the ones below. You can also include some headshots.

### How To Get The Best Photos

- Have a friend or family member take the photos, or use the self-timer on your camera
- Be sure flash is turned on
- ONLY photograph your teeth and mouth area
- Try your best to stay relaxed and avoid tensing up
- **MOST IMPORTANTLY** - keep your teeth together and bite down, hard!



### 2. Send Them In

Submit your photos directly to our office at [timockfamilyortho.com/virtual-visit/](https://timockfamilyortho.com/virtual-visit/) or email us your photos at [treatment@timockfamilyortho.com](mailto:treatment@timockfamilyortho.com).

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Dr. Timock & Dr. Wire and the team at Timock Family Orthodontics will review your photos and contact you as soon as possible. If you had to reschedule an appointment, we may ask that you complete a virtual appointment instead, which you can complete at your earliest convenience.



**TIMOCK FAMILY**  
ORTHODONTICS

Below is a guide to maintaining your orthodontic treatment and health while our office is closed. If you have any additional questions or concerns, contact our office by phone or email, and we'll be happy to help!



### **Invisalign**

- Wear aligners as directed by your orthodontist.
- If you don't have the next aligner in the series, continue to wear the previous aligner for 12+ hours a day until our office reopens.
- If you lose or break an aligner, use the previous one in the series.
- Continue to use any other equipment (such as elastics) as instructed by your orthodontist.



### **Braces**

- Wear elastics, as directed by your orthodontist. If you run out, let us know, and we'll mail you more!
- If you have any wires sticking out, apply orthodontic wax until you can come into the office. You may also try trimming the wire with a pair of cuticle scissors.
- If you have a loose bracket, don't worry! Just let us know, and we'll fix it at your next in-office appointment.
- Avoid any and all foods restricted by your doctor, to prevent any avoidable emergencies.



### **Expander**

- Continue to do turns, as instructed by your orthodontist.
- Schedule a virtual appointment to talk to your doctor about the next steps!



### **Retainers**

- If you've lost or broken a retainer, contact the office and we'll discuss how you can continue your treatment effectively.

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With any orthodontic treatment, it's essential to keep up a good oral hygiene routine. Continue to brush and floss twice daily to keep your mouth clean!