

MARCH 24, 2020 - UPDATE

To Our Patients:

First, we hope you and your family are safe and well during these unprecedented times.

As we are all facing this unique situation together, we wanted to share a few things you can do from home to help with your orthodontic care.

Here are a few tips to care for your teeth until the next time we meet:

- 1) Brush your teeth multiple times a day.
*Especially if you are in braces or aligners.



- 2) Don't forget to floss!!



- 3) Wear your elastics or retainers as prescribed by Dr. Marcus - you have plenty of time at home right now to do this!

- 4) Avoid problem foods & drinks.
* hard, sticky food that could break your brackets
* sugary drinks- like soda
* Water is best!!



- 5) Call the office if you have any questions (650-692-7933) or are in any pain as we are seeing patients for emergencies only.

Thank you for your cooperation during these rapidly-changing times.

Stay Safe,
Dr. Marcus & Staff