



PROBLEMS to WATCH for in GROWING CHILDREN



Crossbite of Front Teeth
Top teeth are behind bottom teeth



Crossbite of Back Teeth
Top teeth are inside of bottom teeth



Crowding



Open Bite
Front teeth do not meet when back teeth are closed



Protrusion



Deep Bite



Underbite
Lower teeth sit in front of upper teeth when closed



Spacing



Oral Habits
Sucking on thumb, fingers

Malocclusions (“bad bites” like those illustrated above, may benefit from early diagnosis and referral to an orthodontic specialist for a full evaluation.



FOOD YOU SHOULD NOT HAVE WITH BRACES



RAW CARROTS



NUTS



SUCKERS



BEEF JERKY



DO NOT CHEW ON ICE



**RIBS
(CUT OFF THE BONE)**



**DORITOS, TOSTITOS,
FRITOS, ETC.**



**BAGELS &
HARD BREAD
(CUT INTO PIECES)**



**CITRUS DRINKS
(IN LARGE QUANTITIES)**



**DO NOT CHEW ON
PENCILS OR PENS**



CARAMEL CANDIES



SOFT DRINKS



HARD SHELL TACOS



HARD PRETZELS



**DO NOT CHEW
ON STRAWS**

FOOD YOU CAN HAVE WITH BRACES



ENCHILADAS



CHOCOLATE



PEANUT BUTTER



ICE CREAM



MARSHMALLOWS



HOT DOGS



PASTA



**CORN OFF
THE COB**



**POTATO CHIPS
& PRINGLES**



**FRUIT
(CUT APPLES)**



**BURRITOS &
SOFT TACOS**



HAMBURGERS



MAC & CHEESE



PANCAKES



OATMEAL



YOGURT



GRILLED CHEESE



PIES & CAKE



PRIME
—ORTHODONTICS—

(757) 796-7846

✦ **Important Questions
Answered Concerning
Orthodontic Treatment
with Braces at
Prime Orthodontics**



Do braces hurt?

Most people say they feel pressure after getting braces and sometimes after adjustment appointments. Minor discomfort is normal for the first few days after you get your braces and after your adjustments. Advil, Tylenol or Ibuprofen should make any soreness disappear. Also, soft foods like pasta, eggs, bananas, soup, yogurt and ice cream may help.

How often will I have to be seen after my braces go on?

With the advanced technology of the wires and brackets we use at Prime Orthodontics, in most cases your routine adjustment appointments are scheduled every 6-8 weeks. Just think, years ago you had to come back every 3-4 weeks. Isn't technology great!

When will my orthodontic appointments be scheduled?

We share your concern about missing work or school. We schedule appointments so that each patient receives a fair portion of late afternoon appointments. We try to minimize the number of appointments that are necessary in the morning, and excuses are provided when needed.

What happens if I have a problem with my braces after hours or on a weekend?

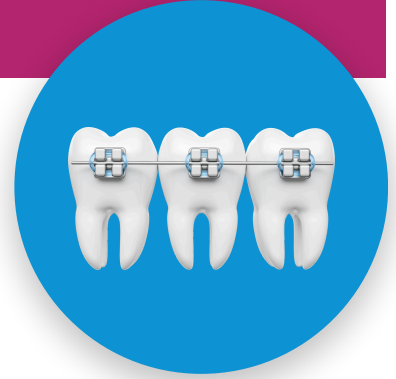
Orthodontic emergencies do not happen often, but if you have a problem, we respond quickly. Emergency care is available at all times. We are accessible when you need us.

Important Questions Answered Concerning Orthodontic Treatment with Braces at Prime Orthodontics



Should I continue to see my family dentist while in braces?

Definitely! Periodic professional dental cleanings by your dentist or dental hygienist will maintain overall health and prevent dental disease. We suggest you have your teeth cleaned twice a year.



Are there any foods I can't have if I get braces?

There are some foods and drinks you should eat less of or avoid completely when you are in treatment and some foods you will just need to change how you eat them. When your braces are placed, we will give you a detailed list of these. We want to help you straighten your teeth as easily and as quickly as possible. In order to do that, we'll need your help!

Is brushing and flossing difficult with braces?

Not really, but good oral hygiene is a necessity to effective orthodontic treatment. When your braces are placed, you will be given detailed, hands on, instructions on how to brush, floss and use a proxabrush to remove food particles. We also provide a great handout for showcasing how to properly floss with braces.

Is it necessary to wear retainers after orthodontic treatment?

Retention is a key part of any orthodontic treatment plan. Your teeth have a memory and can attempt to move back to their original position if a good retention program is not followed. At the time braces come off, we will provide you with a set of clear retainers and give you details for wearing them in specific increments of time. After a brief period of consistent use, wear will be limited to nighttime wear only. You may also select to have a permanent retainer placed as well.



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MEET YOUR ORTHODONTIST

DR. ANASTASIA TSOLAKI

Born and raised in Larissa, Greece, Dr. Anastasia Tsolaki's journey in orthodontics began with her Dental Degree from the Aristotle University of Thessaloniki. Her pursuit of advanced knowledge led her to Nova Southeastern University in South Florida, where she earned her Master of Science in Dentistry and a certificate in Orthodontics and Dentofacial Orthopedics. Dr. Anastasia has made significant contributions to the field of orthodontics through her research publications, including her Master's Thesis on an innovative orthodontic appliance using 3D software technology, demonstrating her commitment to advancing treatment techniques and patient care. She is a board-eligible specialist and member of several organizations, including the American Association of Orthodontics and the American Dental Association, and has given numerous lectures for associations including the European Orthodontic Society.

Dr. Anastasia has a passion for giving patients the smile of their dreams. She is eager to positively impact the Virginia Beach community, providing ethical and effective orthodontic care to help patients achieve confident and healthy smiles.

In her free time, Dr. Anastasia loves traveling and exploring new destinations. Her hobbies include exercising, playing pickleball, spending the day at the beach and trying new restaurants. On a perfect day, she finds joy in a simple yet cherished activity; going to the movies and enjoying delicious popcorn.



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MEET YOUR ORTHODONTIST

DR. IRIS MICHELAKI

Dr. Iris has a background rooted in Green and American education. Born and raised in Athens, Greece, she pursued her dental studies at the National & Kapodistrian University of Athens. Driven by her passion for orthodontics, she moved to the U.S. where she earned a Master of Science in Dentistry and a certificate in Orthodontics and Dentofacial Orthopedics from the prestigious University of Washington in Seattle, WA. She is a member of the AAO, PSCO, WSSO and has lectured for the Greek Orthodontic Aligner Society.

Dr. Iris firmly believes that every smile represents a unique mission, and her goal is to inspire each of her patients. She views the essence of orthodontics as being deeply rooted in interpersonal relationships, and she considers the opportunity to build these connections a true privilege.

Dr. Iris has a passion for traveling and exploring new cultures. While Greek and Italian cuisines are her favorite, she also enjoys discovering and experiencing a variety of other culinary traditions. She also cherishes her time by the ocean, whether it's basking in the warmth of beautiful summer days or savoring a serene sunset during the winter.

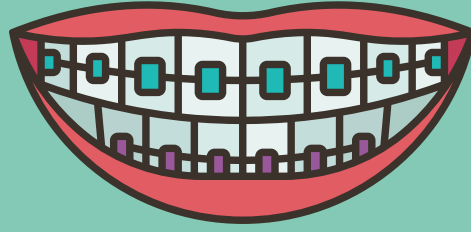


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How to floss with braces:



Do's:

- Use waxed floss, it is less likely to catch on bra
- Move the floss back and forth a few times to remove plaque
- Use a floss threader, it can help the floss slip between your teeth without getting caught
- Flossing after every meal can help keep your teeth and braces clean
- Curve the floss around each tooth into a C-shape, and gently slide it under the gum line
- Try Dental Tape! It is wider than regular floss, so it can remove more stuff between your teeth!
- A water flosser uses a stream of water to clean between your teeth and along the gum line. Some water flossers have special tips for orthodontia

