

DOUGLAS C. KALLIS DMD · PC  
*Orthodontics Exclusively*

# COVID-19 Instructions for Kallis Orthodontics Patients

This resource is to help assist patients in active orthodontic treatment or retention during our COVID-19 closure. For more information or individual questions, feel free to email us at [info@kallisortho.com](mailto:info@kallisortho.com).



## INVISALIGN

- Continue to wear and change your aligners as prescribed. If an attachment comes off, it is OK! We will replace at your next appointment if needed.
- If you have reached your last aligner, please email us so that we may provide additional aligners.
- If you have run out of aligners, do NOT stop wearing them.
- Once you have finished all your aligners, wear your last pair for a minimum of 12 hours daily until you see us next.
- If you lose or break that aligner, make sure you go to the previous one.
- Continue elastics as prescribed. If you run out, let us know and we can mail you more.
- **Brush your teeth and keep your aligners clean**

## BRACES

- Continue elastics as prescribed. If you run out, let us know and we can mail you more.
- If you have a poky wire, see if you can trim it using cuticle scissors or a nail clipper. Use wax for temporary relief.
- If you have a bracket that breaks, it is OK! We will fix it at your next appointment.
- Avoid sticky and chewy foods.
- **Brush your teeth, use floss threaders, and keep your mouth clean!!**

## CARRIERE

- Continue elastics as prescribed. If you run out, let us know and we can mail you more.
- We will be in touch about scheduling a Virtual Appointment to advise you of the next steps.
- **Brush your teeth and keep your mouth clean.**

## EXPANDERS

- Continue to do your turns as prescribed.
- Once you have done your turns, please schedule a Virtual Appointment so that we can advise you of the next steps.
- **Brush your teeth and keep your mouth clean.**

## RETAINER

- Keep wearing them as prescribed!
- If you lose or break your retainer let us know.
- If you have any questions, please schedule a Virtual Appointment so that we can advise you of the next steps.
- **Brush your teeth and keep your mouth clean.**



If you are not sure what to do, please complete the Virtual Appointment on the next page.



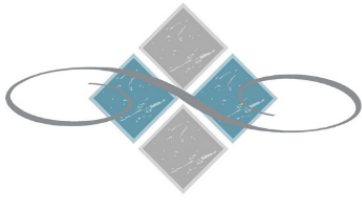
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770-227-1296



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# The Kallis Orthodontics Virtual Appointment

During our COVID-19 closure, we are working on ways to stay connected and support our patients who are in active orthodontic treatment as much as possible. Again, we apologize for not being able to schedule a physical appointment during these uncertain times, but have come up with a “Virtual Appointment” to help monitor your treatment and address any concerns you may have.

1

**TAKE PHOTOS!** Using spoons (to retract your lips and cheeks) and your phone, take 5 photos as demonstrated below.



Center



Upper Teeth



Lower Teeth



Right Side



Left Side

2

**EMAIL THE PHOTOS TO DR. KALLIS AT:**  
[drkallis@kallisortho.com](mailto:drkallis@kallisortho.com)

## Tips for great photos:

- Have a family member take the photos for you
- Make sure your flash is on
- Try to only capture your mouth/teeth if possible
- Relax your lips- don't make them tense!
- **MOST IMPORTANT!** Keep your teeth together, and make sure to bite on your back teeth.

Dr. Kallis will review the photos and get back to you within one business day. For some in-person appointments that we had to cancel, we may reach out to have you complete a Virtual Appointment. Alternatively, you may complete a Virtual Appointment at any time at your convenience.

“credit to Dr. David Walt”



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