

We know you may have a lot of questions about various aspects of your orthodontic treatment while our office is closed over the next few weeks due to COVID-19. We have put together a FAQ that will hopefully help address some of your questions.

## ✔ How long will Gupta Orthodontics be closed?

The COVID-19 outbreak is unprecedented and an evolving situation. We are monitoring the situation closely and hope to reopen and resume normal business hours on 3/31/2020.

## ✔ Why does the orthodontic office need to close?

The recommendations made by public health officials regarding “social distancing” apply to a dental office where many people are coming and going and close contact is a necessary part of all dental care. We want to be socially responsible as a business and do our part to help minimize the spread of COVID-19 (coronavirus) in our community.

## ✔ Will my orthodontic care be affected negatively?

A short interruption (weeks to a few months) in orthodontic treatment will not impact your overall progress. Should this event and office closure last significantly longer, there may be an overall increase in your treatment time. We will make every effort to avoid increases in treatment time for our patients.

## ✔ How should I proceed if I am wearing braces or an appliance?

The good news is that your braces and orthodontic appliances are always at working to align your teeth and bite. The most important thing you can do to keep your treatment on track during this time is to continue to wear your elastics as directed (if you were instructed to wear elastics) and to brush and floss your teeth thoroughly at least two times a day.

## ✔ How should I proceed if I am wearing clear aligners (Invisalign)?

It is very important NOT to just stop wearing your active aligners! We do not want to lose the progress you have made. If you are on the last aligner you have, please continue wearing it. If you have recently started or are in the middle of the set of trays you have, please continue advancing at the rate of change you were instructed to do. Practice taking “selfies” of your teeth, as we will be using those to assess your progress. When additional aligners are needed, let us know and you will be able to make an appointment to come by the office and pick them up.

## FAQ - MY ORTHODONTIC TREATMENT DURING THE OFFICE CLOSURE

### ✔ What should I do if I am scheduled to start treatment soon?

We are excited for all our patients to take this big step and look forward to seeing your new smile when it is finished. We are hopeful that this delay will be short and we will be ready for you once it is safe for our community for us to start seeing patients.

### ✔ I was scheduled to get my braces off, what happens now?

Removal of the adhesive used for orthodontic brackets produces aerosols that contain biological material and can potentially spread COVID-19. Consequently, we are not able to remove braces at this time. We will schedule you to have your braces removed as soon as possible. In the meantime, brush and floss thoroughly to maintain your dental health.

### ✔ I have a routine monitoring appointment scheduled (retainer check, growth monitoring, recall examination, or new patient consultation).

These appointments are very important but by their nature become elective at a time like this. We will maintain all appointment records within our computer system, and will reschedule them appropriately when the community situation returns to normal. We are also offering patients the option to do a virtual checkup or consultation. See this link for details.