

# Quarterly Newsletter

RICE ORTHODONTICS

1 June 2024



## Why Choose Rice Orthodontics?

At Rice Orthodontics, we have two convenient locations - in Jacksonville and Nocatee. You will find a dedicated and friendly team of experts committed to providing you with an exceptional orthodontic experience.

From the moment you walk through the doors, you are greeted by a warm and welcoming atmosphere designed to make you feel comfortable and at ease.

The team is passionate about delivering personalized care tailored to meet your needs, using the latest technology and techniques to ensure optimal results.

Our primary goal is to ensure you enjoy a comfortable, enjoyable, and rewarding journey toward achieving the smile you deserve.

Whether you're seeking traditional metal braces, clear ceramic braces, clear aligners, or lingual braces, Rice Orthodontics is dedicated to guiding you through every step of the process.

With their expertise and commitment to excellence, you can trust that you're in good hands, receiving top-quality care in a positive and supportive environment

*Rice team x*

### In this newsletter you can expect:

Why Us?

Girl Scout  
Cookies

Staff  
Spotlight

Smoothie

Tips to relieve  
braces pain

What age?



## Girl Scout Cookies

Dr. Rice took a heartwarming initiative to show his appreciation and took it upon himself to honor the local firefighters in Jacksonville, Florida. Dr. Rice brought five boxes of cookies from each Girl Scout in uniform to donate to the many fire stations. This thoughtful gesture not only provided a sweet treat but also served as a symbol of gratitude for their unwavering commitment to safety and service.



## Staff Spotlight

S - SASSY  
A - AMBITIOUS  
R - RADICAL  
A - AWESOME  
H - HILARIOUS



## Simple Banana - Blueberry Smoothie

Prep Time: 5 mins    Total Time: 5 mins

Servings: 2

### Ingredients:

1 Banana  
1 Cup of frozen or fresh blueberries  
1 Cup of any milk  
(Add 1 cup of ice if using fresh berry)

Optional to add any protein powder/seeds.

Blend it all together and enjoy!

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# Tips to relieve braces pain



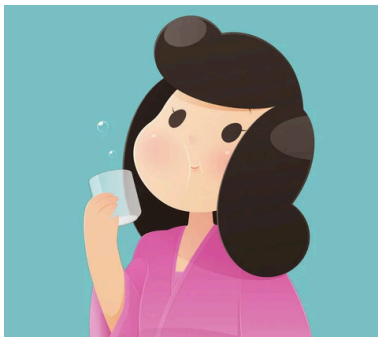
## BRUSH. FLOSS. RINSE.

Regular brushing, flossing, and rinsing will help to keep food from settling between your brackets and gums which will help you to avoid pain and discomfort.



## ORTHODONTIC WAX

When your gums and the sides of your mouth get scraped by your braces, you can experience a lot of pain and discomfort. Wax can help to create a buffer between your hardware and your mouth to help avoid this scraping.



## WARM RINSE

Rinsing your mouth with warm water can help to ease any pain that you are experiencing. This can also help you to feel calmer and less anxious about your braces.



## TOPICAL OINTMENT

Products such as Orajel can help to numb away the pain and discomfort that can be caused by braces.

This is especially helpful following appointments when your wires are straightened and/or tightened.



- BONUS: Soft foods and liquids - as much as you may love crunchy and chewy foods, your mouth will feel a lot better if you avoid them when you're wearing your braces. Stick with foods that are easy on your mouth and gums.
- Tell Dr. Rice in secret - "The secret code is phase one" to be entered in a July Giveaway.





## At what age should I schedule an appointment for an orthodontic screening?

The American Association of Orthodontists recommends that children have their first orthodontic screening by the age of 7. At this age, an orthodontist can identify potential issues with jaw growth and emerging teeth. Early detection allows for timely intervention, which can prevent more complex problems from developing later on. It also provides the opportunity to guide jaw growth and tooth eruption, ensuring a healthier dental future.

Early evaluation doesn't always mean immediate treatment, but it helps in monitoring the child's development and planning for the optimal time to address any orthodontic needs. Regular check-ups following the initial screening ensure that any changes in the child's dental development are tracked and managed effectively. By starting early, parents can help their children achieve better oral health outcomes and a beautiful smile.

*Thank you for reading!*

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