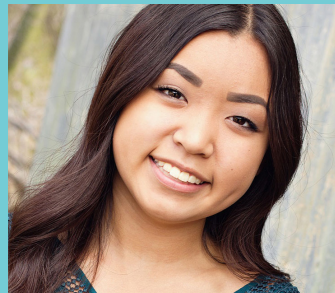




Getting Started



Your Smile,
Our Passion.

Meet the Doctor!

"You know what I love about our practice? Every day, every single one of us comes into work to do what we love. We get to inspire our patients, by creating beautiful smiles that in turn inspire them. In fact, the best part is figuring out all the different ways I can create an aesthetically pleasing smile, no matter how challenging the case"

- Dr. Isaak Yelizar



DR. ISAAK YELIZAR

Treatment Philosophy

You have heard the phrase, "Less is more." This is Dr. Yelizar's approach to orthodontics. He prefers to use preventive, guiding and least invasive techniques for accomplishing a beautiful smile result. He doesn't turn to extractions or surgery unless it is absolutely necessary. His end goal is to give each patient a beautiful, healthy, and functional smile with the least amount of intervention.

Education

Dr. Isaak Yelizar graduated from the New York University College of Dentistry with highest honors. He was a member of Omicron Kappa Upsilon National Dental Honor Society and earned several scholastic awards. He then moved on to a general practice residency at New York Methodist Hospital in Brooklyn, NY, where he fell in love with orthodontics. His hard work led to an orthodontic residency program at St. Barnabas Hospital in Bronx, NY.

Board Certified

Dr. Yelizar is very proud to be a Board Certified Orthodontist, an honor bestowed by the American Board of Orthodontics. All orthodontists are dentists, but only 6% of dentists are orthodontists. And out of those 6%, only 30 % are board certified. Dr. Yelizar was required to complete several advanced written and oral examinations and present his own cases to be scrutinized by a panel of experts from American Board of Orthodontics. Board Certification is an optional, challenging process. To most orthodontist it is the epitome of professional dedication and achievement.

"In school I was taught to straighten teeth, in practice I've learned to change lives. The more smiles I create, the more I realize that orthodontics is more than just straight teeth, its about creating beautiful, stunning smiles that in turn change lives"

- Dr. Isaak Yelizar

Congratulations!

Thank you for choosing
SimpliBraces!



You are now on your way to a beautiful smile!

We hope to change your life forever with possibilities and opportunities presenting themselves as you smile fully and confidently. Here are some pointers to help you get started.

Scheduling an Appointment



Although we always **LOVE** to see you, your time is very important to us and it is always recommended that you call and schedule an appointment rather than walking in. This way we can give you our full attention for **your time**.

What to Expect

The first few days after your braces are placed on your teeth is a bit of an adjustment period. Your teeth may become sore due to the slight pressure from the braces and wires.

A softer diet is recommended to help keep this discomfort to a minimum (ice cream, milk shakes, smoothies, soups, cooked pastas, etc.)

If you experience any pain, over the counter pain reliever such as Tylenol or Children's Tylenol, may be used for any mild pain felt. This type of discomfort usually goes away after 24 - 48 hours.

We also provide wax packs that you can place on your braces to help with any sores/irritations that may occur while the inside of your mouth adapts to the braces. Warm salt water rinses are a great way to heal those irritations!

Foods to Avoid

Stay away from anything...

Hard, sticky, chewy, or crunchy

These may include ice, nuts, hard crusts, suckers, Jolly Ranchers, and Laffy Taffys. Use your best judgment.

You'll still be able to eat many of the same foods but you may need to eat them differently. Cut up foods into smaller pieces, take smaller bites and be aware of foods that might break those brackets off.



FOOD & BRACES

A young girl with brown hair and bangs is smiling broadly, showing her braces. She is holding a large, triangular slice of watermelon with both hands. She is wearing a blue and white striped shirt. The background is a soft, out-of-focus green, suggesting an outdoor setting. The text 'FOOD & BRACES' is overlaid in the top left corner in a large, white, sans-serif font.

Sticky, chewy, hard, crunchy foods can cause damage to your braces by breaking them or causing them to detach from your teeth. These foods can also damage the wires by bending or breaking them.

A collage of various snacks including popcorn, candy, nuts, fruit, and packaged treats like Doritos and Skittles. The items are arranged in a grid-like fashion on a white background. The snacks include: a pink bag of 'Hugs n' Kisses Bimbo's' candy, three ice cubes, a pile of mixed nuts, three red apples, a bag of 'Starburst' Originals candy, a red and white striped bag of 'Popcorn', three pieces of orange candy, a bag of 'Jolly Rancher' Wild Berry candy, two corn cobs of popcorn, a bag of 'Jack Link's Teriyaki' beef jerky, a bag of 'Bugles' BBQ, three carrots, a bag of 'Doritos' Party Size, a bag of 'Skittles' Wild Berry Candy, and four pens (green, blue, red, and black).

A collection of 15 food items arranged in a 5x3 grid. The items are: Row 1: A whole avocado and a halved avocado showing the pit; three chocolate chip cookies; a plate of spaghetti with meat sauce and cheese. Row 2: A bowl of yellow rice with green herbs; a chocolate cupcake with white frosting; three strawberries, one sliced. Row 3: A bag of Tostitos Apple Slices; a ham and tomato sandwich on white bread; a box of Orbit gum. Row 4: A stack of pancakes with butter and syrup; a pink ice cream cone; a box of Culham's Original Cheddar Macaroni. Row 5: A cup of Cup Noodles; a bunch of orange cherry tomatoes; a pile of yellow corn kernels. Row 6: A cup of Trident gum; a bunch of yellow bananas.

Clean! Clean! Clean!

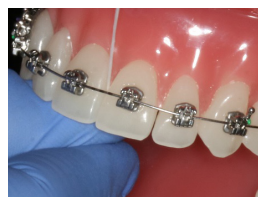
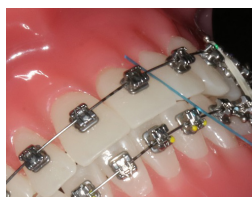
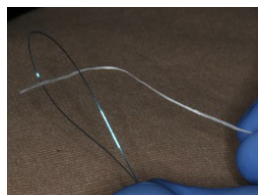
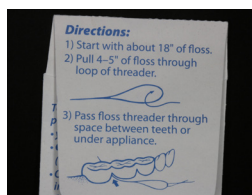
Brushing & flossing your teeth while wearing braces will present more of a challenge, since there are more places for food & plaque to collect. You should brush your teeth a minimum of 3-4x daily. Flossing should be done nightly.

If you don't have the opportunity to brush after lunch, rinse your mouth thoroughly with water and brush your teeth as soon as possible. You should brush your teeth for **3 minutes at a time**. If proper oral hygiene is not followed during treatment you are at risk for decalcification or white spots, and staining of teeth.

Brush in small circles over your teeth at a 90 degree angle to get on top and under the brackets and wire. **Get those bristles working!** Now with braces on, you have many more nooks and crannies to scrub so make sure to use the Interproximal Brush (Christmas tree brush) to clean close to the bracket and under the wire.

A Waterpik is **recommended**. This will keep your teeth sparkling, clean, and healthy.

FLOSSING



BRUSHING



WaterPik

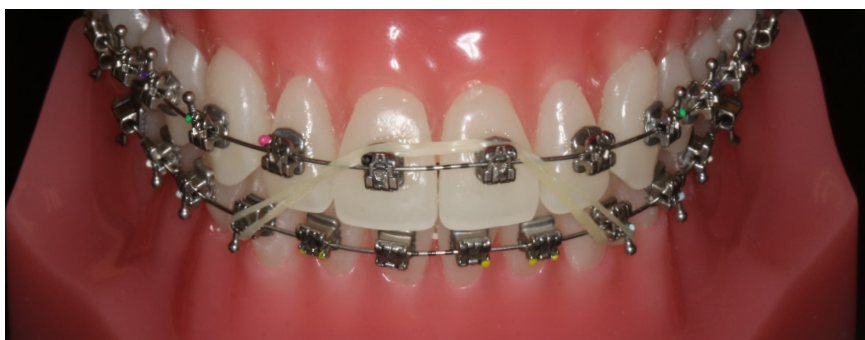


Interproximal Brush

Rubber Bands

Specific to your treatment, we may ask you to wear rubber-bands. Nothing progresses your treatment **faster** than diligent rubber-band wear. The rubber-bands will help align your teeth and bite. We cannot stress enough the importance of wearing them 100% as instructed.

Wear your rubber-bands **24/7** unless instructed otherwise.



These are all different examples. Don't worry, depending on your case, you might not have to wear all these combinations! Just make sure to wear them as instructed for a faster treatment!

Wax

If your wire is irritating you or you have a sore spot on your cheek, be sure to dry and apply wax to the offending part. Sugar free gum works that way too.

How to Apply Wax

Take a small ball of wax and wrap it around the offending area. However, the trick to it is to make sure that the area is completely dry or else it won't stick. Now, if you have a super wet mouth you might want to try sugar free gum rather than wax.

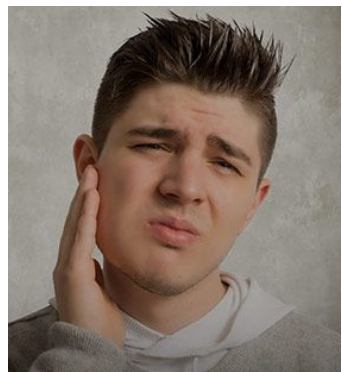


You can also use wax to stabilize a broken bracket if it's moving and causing irritation.

Soreness

Many of our patients find that Tylenol or ibuprofen and some cold water help relieve soreness over the first few days after a new wire. Everyone experiences soreness differently.

Your cheeks may also be a little tender. This too shall pass. Your tissues will toughen up to the new hardware in your mouth after 3-4 days. If there is a particularly sore spot, use wax on the offending area.



Turbos

Also known as bite pillows or bite blocks. These can be a little uncomfortable at first, but in conjunction with your diligence in wearing rubber bands, they will speed treatment faster than anything else. *That is why they're called turbos.*

We usually place two but you **ONLY NEED ONE**. So if one breaks, no need for alarm. We will repair it at your next regular appointment.

They separate the teeth to “unlock” the bite from the opposing teeth which allows them to move easier and faster! We examine your bite at every appointment and will let you know when the turbos needs to come off.

Eventually turbos wear down as you chew & eat. It's okay, we can adjust them as needed at your regularly scheduled appointments.



Just know **IT WILL BE DIFFICULT TO EAT AT FIRST**. That's normal. Cut things up in smaller pieces.

Cinch-Backs

When you first get your braces, the first wire will not run all the way back to the 2nd molars due to the flex in the light wire. If it ran all the way back to the 2nd molars, it may possibly pop out and poke you. Therefore we place a curl (cinch-back) to hold the wire and prevent it from sliding left to right.

Don't worry, this is temporary after your first wire. All other wires will run all the way back to your 2nd molars and will not be cinched.



If the cinch on the wire comes undone while eating or for whatever reason, it is not an emergency. This is a rare instance, but it can happen. If the wire starts to poke or becomes uncomfortable, you can apply wax and call us to schedule an appointment. If it doesn't bother you as much, you can wait until your next visit.

Open Coil Springs

This compressed spring helps to lightly open space for erupting or blocked out teeth. They may be a little uncomfortable at first as space is being made.



Separators

Separators are small elastics (rubber bands), they are simply flossed into the contact where space is needed. While the separator is being placed, the patient may feel slight pressure or a "pushing" sensation - this is due to the pressure needed to allow the rubber band to squeeze through the contact of the teeth. Sometimes, as the separator begins to touch the gum tissue, a "pinch" feeling may be noticed. This sharp feeling will usually go away within a minute or two.

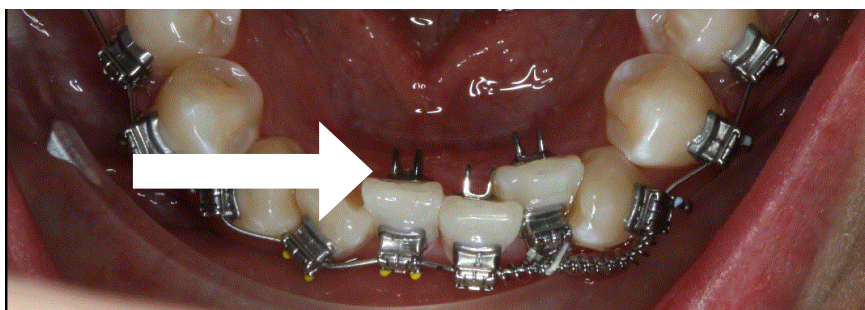
Once the separators are in place, the patient may notice that they feel as though a piece of food is caught between

their teeth. Usually within 4-6 hours after placement, there may be some discomfort from tooth pressure/movement. The patient must be cautious of the food that they eat while having separators on, stay away from sticky foods; especially bubble gum. If more than two separators fall out right after the placement, patients must call and make an appointment to place them again.



Tongue Tamers

Tongue tamers might take a while to get used to. They may be a little uncomfortable for a few days. If you are required to have them, know they are a very important part of your treatment. To make it more comfortable with the tongue tamers rest your tongue at the roof of your mouth. We want to retrain your tongue to rest at the roof of the mouth at all times. Your tongue is one of the strongest muscles, and with it resting against your teeth, your bite will never close.



Lingual Buttons

If your treatment requires lingual buttons, these will be placed on the inside surface of your teeth. They are used for a number of reasons, from closing space to wearing rubber bands. They may be a little uncomfortable and take a few days to get used to. If one of these buttons breaks, please give us a call to make an appointment and we will repair it.



What if a Bracket Breaks?

If you have a broken bracket that is sliding on the wire, **IT'S OK** and not an emergency. If you are in discomfort or wearing your rubber bands to that bracket, then give us a call and we will be happy to accommodate you the best we can. We want you to be comfortable throughout this whole experience.



Baby Teeth



Sometimes, if we notice a wiggly baby tooth we will run the wire over the bracket. This helps the tooth to gently guide the tooth out, so that it will fall out on its own. You can expect the tooth to be a little sore.

Occasionally a baby tooth may become real loose and fall out in between your visits, and may cause a tooth to dangle on the wire. If this happens give us a call and we can get you in to get it taken care of.

Parents don't worry about having to watch the baby teeth, we got that covered!



Colors

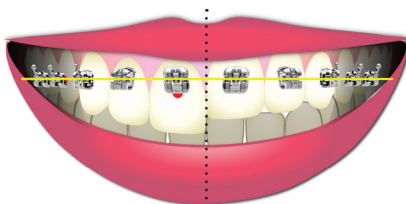


Colors are a reward for great brushing! So let's keep it clean people! Colors **only** go on the top four front teeth.

S.A.P.

SMILE ARC PROTECTION

Smile Arc Protection places the brackets to enhance and protect the Vertical Incisor Position and Smile Arc of the incisal edges. A full smile as opposed to a flat smile.



SAP Approach Traditional Approach

- ✓ Greatly Improved Aesthetics
- ✓ Better Control of Axial Inclination
- ✓ Lines Up the Contact Points
- ✓ Improves Performance of the Appliance
- ✓ No more gingival swelling than usual, depending on patient compliance



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Your Smile, Our Passion.



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