



The office of Lenk Orthodontics has already created paperwork for our patients to help them with anything and everything associated with their orthodontic treatment. We have also created some quick reference pages for our website and social media pages to help patients with home care. My next step was to create information patients could access online. Then I found wikiHOW.

Why recreate the wheel? wikiHOW has helpful tips regarding many subjects. I have accumulated as many orthodontic-related information I could find so you can use this efficient and effective information when you need it, no matter where you are!

How to deal with your new braces

<https://www.wikihow.com/Deal-with-Braces>

<https://www.wikihow.com/Be-Happy-with-Braces>

<https://www.wikihow.com/Look-Great-With-Braces>

<https://www.wikihow.com/Stop-Fiddling-with-Your-Braces>

<https://www.wikihow.com/Play-a-Flute-with-Braces>

<https://www.wikihow.com/Cope-With-Braces-As-a-Teenager>

<https://www.wikihow.com/Smile-With-Braces>

<https://www.wikihow.com/Eat-With-Braces>

How to clean your braces

<https://www.wikihow.health/Clean-Your-Braces>

<https://www.wikihow.com/Brush-Your-Teeth-With-Braces-On>

<https://www.wikihow.com/Clean-Teeth-With-Braces>

<https://www.wikihow.com/Floss-With-Braces>

<https://www.wikihow.health/Use-an-Electric-Toothbrush-with-Braces>

How to deal with orthodontic-related pain

<https://www.wikihow.health/Deal-With-Brace-Pain>

<https://www.wikihow.com/Alleviate-Orthodontic-Brace-Pain>

How to deal with irritating wires associated with your braces

<https://www.wikihow.com/Fix-a-Broken-Braces-Wire>

<https://www.wikihow.com/Handle-Poking-Wires-on-Braces>

<https://www.wikihow.com/Temporarily-Fix-a-Loose-Wire-on-Your-Braces>

Tips regarding your removable rubber bands

<https://www.wikihow.com/Connect-a-Rubber-Band-to-Your-Braces>

Tips regarding your new aligners

<https://www.wikihow.com/Straighten-Teeth-With-Invisalign>

<https://www.wikihow.com/Put-a-New-Invisalign-Tray-In>

<https://www.wikihow.com/Clean-Invisalign>

<https://www.wikihow.com/Put-Invisalign-Back-in-if-You-Haven%27t-Worn-Them-for-a-Long-Time>

Tips regarding your new expander

<https://www.wikihow.com/Deal-With-a-Palate-Expander>

<https://www.wikihow.com/Turn-an-Expander>

Retainer tips

<https://www.wikihow.com/Put-on-a-Retainer?>

<https://www.wikihow.com/Talk-With-a-Retainer>

<https://www.wikihow.health/Take-Care-of-Your-Retainer>

<https://www.wikihow.com/Clean-a-Plastic-Retainer>

All of us at Lenk Orthodontics hope this information was helpful. Remember, we are always available to help you. So if you need a little more guidance, don't hesitate to ask Dr. Lenk or her helpful staff!