

Beautiful Smiles

RALEIGH ORTHODONTICS

Dr. Bert Kelling

Smiles Hi! Newsletter Spring/Summer 2016



Our Fabulous Team: Tracy, Sheila, Dr Bert, Debs, Danielle, June, Wendy

Punxsutawney Phil didn't see his shadow this year, which means only one thing! Spring and Summer are on their way! We here at Raleigh Orthodontics are glad that the bitterness of winter is on its way out and warmer, sunnier days are on their way in! We hope you enjoy this Spring/ Summer edition of the Raleigh Orthodontics Smiles Hi! Newsletter and as always thank you for being the best patients and families around! We wouldn't have our continued success without all of you!

Introducing....the **NEW and **IMPROVED** Raleigh Orthodontics Patient Rewards System!**

Our new rewards program will be tracked through our software and you will be able to check your rewards balance and pick out a prize at the **end of your treatment** via the **NEW** Raleigh Orthodontics App, described on page 3!



Raleigh Orthodontics Patient Rewards!!!

You're going to earn *your choice of reward* with the many points you can build-up by being a SUPER BRACES PATIENT! The more points you get, the better the reward!

HERE'S HOW YOU START BUILDING-UP POINTS:

- Trade in your current tokens for a gift certificate (we have a few left) or for points in our new system. Each token gets you 5 points. We'll track your points in your chart and you can see your reward point history and total in our new Raleigh Orthodontics App, coming in early spring.
- Sign into our Patient Portal on RaleighOrthodontics.com to get 10 points!

REMEMBER, YOU'RE REWARDED FOR BEING A GREAT BRACES PATIENT:

- *Arrive early for your appointment*
- *No broken brackets or bands!*
- *Wear your rubber bands or removable appliance as instructed*
- Make sure your teeth are super sparkly clean and have *NO plaque* and no bleeding (infected) gums!
- See your *dentist at least every 6 months* for cleaning and check
- Wear your awesome *Raleigh Orthodontics T-Shirt* to ALL of your appointments

YOU CAN EARN UP TO 50 POINTS AT EVERY VISIT:

- **10 points** for clean teeth & braces, no plaque, with healthy gums
- **10 points** for arriving for your appointment early (shoot for 5 minutes early so you can brush before your appointment)
- **10 points** for no broken bands or brackets
- **10 points** for making your elastics or removable appliance work by wearing as instructed
- **10 points** for wearing your awesome Raleigh Orthodontics T-Shirt to your appointment!

HERE'S HOW POINTS CAN GET DEDUCTED:

- **Minus 50 points** if you have **ANY** plaque or bleeding gums (infection) when brushing. If so, we'll point it out to you and give you some extra tooth brushing instruction
- **Minus 10, 20 or 30 points** if you have a broken bracket or band. Always be very gentle with your braces!
- **Minus 30 points** if you haven't been wearing your elastics or appliance to make it work
- **Minus 30 points** if you're over 15 minutes late for your appointment or did not reschedule with at least a 24 hour notice
- **AVOID THESE AT ALL COSTS!!!**

Be a super braces patient and you will earn points! With each 100 points you earn a \$5 Amazon credit. You can redeem your points for whatever you select on Amazon once you finish treatment!

So, to get extra points as soon as you can, log onto our patient portal at our website, RaleighOrthodontics.com which allows you to view appointments, make payments, view your images and look at helpful animations about your braces. You'll love seeing these different videos!

Next, download our free Raleigh Orthodontics app from the Apple AppStore or Google Play! You can track a variety of info there, including seeing your Patient Rewards history and total.

You can redeem your points **when you finish treatment**. We'll give you an email address to send your name, item description and item # and cost as found on Amazon. We'll order it for you and let you know when you can come pick it up and celebrate being a SUPER BRACES PATIENT! Be sure to let us know if you have any questions. We know you'll do a great job!!

Check this out!!! Now you can get our FREE app for both Android and Apple users!! The **Raleigh Orthodontics App** will give you instant access to appointments, images, animations and our new Patient Rewards system! With the **Raleigh Orthodontics App** you will be able to watch videos describing how you or your child can achieve the best and quickest results from your treatment, with subjects including brushing, flossing, foods to avoid, oral hygiene, braces components, and many more! The **Raleigh Orthodontics App** is hot off the production line and you will love how interactive it allows you to be in your orthodontic care! You will have instant access to your appointments, financial info and office communication! And the best part...you can instantly track your patient rewards! You will be able to see the points you currently have as well as what you have earned or lost points for! How amazing is that? Make sure to download the FREE **Raleigh Orthodontics App** today!



Oh NO! Dude, where are my retainers?!?!

Yep, that's what this guy is thinking! Oh no! They were in my mouth when I jumped in the pool, now where are they?! Boys and girls, the moral of this picture is.....**do NOT go swimming with your retainers in your mouth!** They could fall out and you will never be able to find those crazy little clear thingys in the pool! And the worst part? You are going to have to come in, have new impressions done (and no one likes those yucky things!) and then, the bad part? You guessed it! Your parents are going to have to pay for new ones! And those little guys aren't cheap! \$195 each to be exact (and that's just the clear ones, the ones with the wire are even more!) which is a whole lot of chores to do around the house! So, with summer quickly approaching make sure to **TAKE YOUR RETAINERS OUT BEFORE YOU GO SWIMMING!** And if you do find them, do you really want to put them back in your mouth? Yuck! So better to be safe than sorry and take them out! And make sure to keep them in the case when they are not in your mouth! Feel free to give our office a call if you need an extra case!

NO MORE MESSY IMPRESSIONS?!?!

Coming to Raleigh Orthodontics later this year we will eliminate the need for those messy impressions before and after treatment. We all know how disliked those gooey, yucky impressions are so we will begin using our new laser scanner later this year as soon as this latest version of the technology is released! For now we are still using impressions for our appliances but eventually we will be able to scan your mouth and send the digital file to the lab where they will make the appliance from a CAD-CAM model



PATIENT SPOTLIGHT!

Raleigh Orthodontics wants to put the spotlight on YOU!

We already know we have the best patients around and we want everyone else to know! We want to showcase your/ your child's accomplishments on our website and in our next newsletter! Keep a lookout in our offices for our patient Kudos boxes or feel free to submit a picture and a brief description of your child's awesome accomplishment to Danielle@RaleighOrthodontics.com so we can brag about how AWESOME you are!!!



Meet Canaan! Canaan is a senior at Southern Vance and an AMAZING basketball player! Not only does she average a double-double every game, she has grabbed over 750 rebounds! She was also nominated as a McDonald's NC All-American this year, an extremely prestigious honor! She is currently being looked at by Wake Forest, Duke, NC State, ECU and UNC-CH. Canaan says she will be a Tarheel next year, whether she receives a basketball scholarship or not. Way to go!



Meet Mollie! Mollie is an accomplished soccer player scoring over 23 goals during the fall rec league season. She is an honors student at Long Mill Elementary School and enjoys Girl Scouts and Dance. Way to go Mollie!



The Raleigh Orthodontics Car Magnet contest is officially in full swing! We have announced the first 3 of our 12 monthly finalist winners each winning a \$50 Visa Gift Card! Have you entered yet? What are you waiting for?!?! Here's how to enter: Grab one of the Raleigh Orthodontics Car Magnets at any of our 3 offices, put it on your car and enter the contest on our Facebook page (or via our blog on RaleighOrthodontics.com)! That's it! Want to double your chances? Take a picture of the magnet on your car and upload it to either Facebook or Instagram (with #raleighortho), no Facebook no problem, just email your picture to Danielle@RaleighOrthodontics.com! Congrats to our first 3 finalists! Beth, Roy and LaTaya! Enjoy your \$50 Visa cards!!!!

It's Creamy, It's Cold and It's BACK this summer at Raleigh Orthodontics!



EVERY DAY!!!!

Guess what's coming back EVERYDAY this summer at Raleigh Ortho? You guessed it! ICE CREAM! Beginning in June and continuing through September be on the lookout for the ice cream freezer filled with delicious cold and creamy treats in ALL 3 of our locations! I scream, you scream we all scream for Dr. Bert's Ice Cream!



Ok, so we all know how yummy and delicious **Red Velvet Cake** is, but have you ever thought about having it as a **MILKSHAKE**???? What an **AMAZING** idea and absolutely **PERFECT** for a new braces patient or anyone with a sore mouth! We hope you enjoy it as much as we do!

Red Velvet MILKSHAKE & Cream Cheese Icing

Author: Andrea Cammarata

Recipe type: Cream Cheese Icing

Cuisine: American

Prep time: 10 mins

Total time: 10 mins

Serves: 1 shake

A creamy and dream Cream Cheese Icing

Ingredients

- 1 large piece of Red Velvet Cake
- 3 scoops of Vanilla Ice Cream
- 1/3 cup of whole milk
- -----
- Whipped Cream or topping of choice
- -----
- Icing
- 1 stick of softened butter
- 1 brick of softened cream cheese
- 4 cups of Confectioner's Sugar
- 1 tsp of good vanilla extract



Instructions

1. Break up your cake into chunks and place in blender.
2. Add 3 nice scoops of vanilla ice cream and 1/3 cup of whole milk.
3. Blend until creamy (about 40 seconds to a minute)
4. In the mean time if you want to dress the rim of your glass or mason jar...just coat the rim with some icing and then roll in cake crumbs.
5. -----
6. Whip up the butter...cream cheese and vanilla till nice and smooth.
7. Then add the Confectioner's Sugar a little bit at a time until everything is thick...smooth and creamy.
8. Now you are ready to ice your treats!
9. If you need more...just double the recipe!

Recipe by The Cottage Market at <http://thecottagemarket.com/2015/02/red-velvet-milkshake.html>

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Visit us at RaleighOrthodontics.com