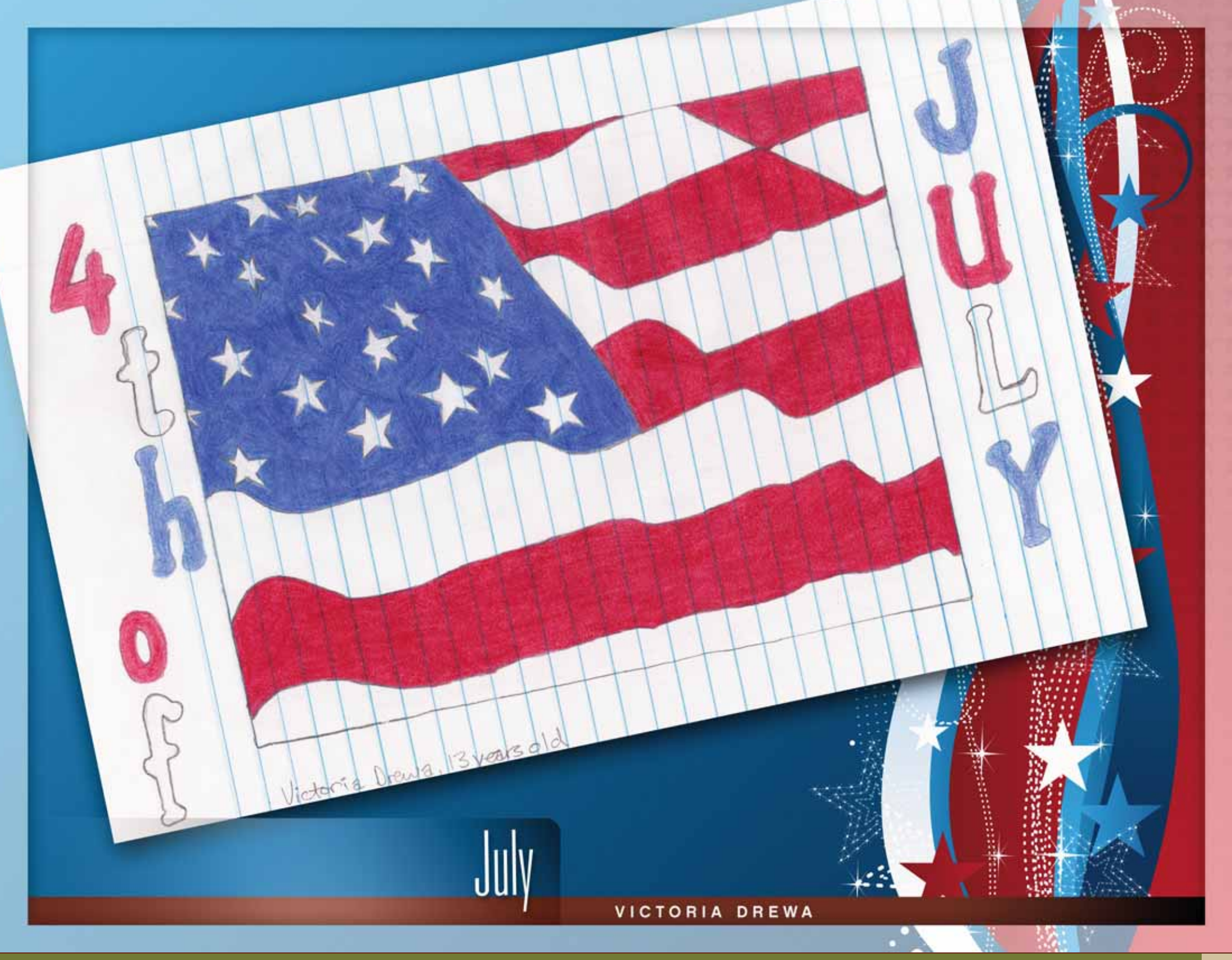


# 2009

TWO THOUSAND NINE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | | OFFICE CLOSED | INDEPENDENCE DAY |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | SPORTS WEEK 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | OFFICE CLOSED 30 | 31 | |

## Frequently Asked Questions

**What can I do to make sure things go smoothly and speed up treatment?**

There are two main reasons why there are delays in treatment. The first is a patient having broken brackets, bands, and wires. The second is when patients are not wearing their elastics as instructed by Dr. Hulme. Following the food list that we give you when you get your braces on and keeping your teeth clean goes a long way towards having your treatment go smoothly. When you follow the food list, you are doing all you can to ensure that minimal brackets will break and slow your treatment down. Another way to speed up treatment is to exactly follow the guidelines given when asked to wear elastics (rubber bands). By taking action in these two areas, you are doing your part to ensure that your treatment will go smoothly.

**Should I still get cleanings at my general dentist?**

Yes. You should continue getting your regular dental cleanings with your general dentist. By letting our office know in advance when you need a cleaning, we can coordinate with you and your dentist to remove the "O" ties and archwires so your cleaning will be more thorough.

**Do braces hurt?**

Generally, braces do not "hurt." After certain visits, teeth may "ache" or be sore for a few days. In these situations, pain medications such as Advil or Tylenol will ease the discomfort. However, after most visits, patients do not feel any soreness at all! We often remind our patients, "It does not have to hurt to work!"

**July 13th - 16th**
**Sports Week**

*Come in wearing your favorite sports apparel to earn extra Orthobucks and be entered to win a grand prize.*

**June 8th - August 20th**
**Postcard Contest**

*Taking a vacation? Send us a postcard. The best postcards in each category will win a prize.*

**MAIL TO:**

**Hulme Orthodontics**
**15303 Huebner Rd.,**
**Bldg. 16**
**San Antonio, TX 78248**

**CONTEST CATEGORIES:**

**Farthest Away**
**Best in Texas**
**Best Skyline**
**Best Beach**
**Most Unique**

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