

## Put Your Orthodontic Fears to Rest

Some people fear orthodontics because they worry it may be uncomfortable, time-consuming and expensive. While orthodontic treatment does require some investment of time and money, the benefits far outweigh the costs. Dr. Barrowes and his staff are here to help every step of the way, from helping you with a no-interest payment plan and filing your insurance claims, to working with your schedule and helping to manage any discomfort.



Dr. Barrowes and his staff are ready to help you with all your orthodontic needs.

## Level of Comfort

Most people do have some discomfort after an orthodontic appliance or braces are first placed or adjusted during treatment. Teeth may become sore and tender to biting pressures for three to five days after an orthodontic visit. Lips, cheeks and tongue may also become irritated for a time until they toughen and become accustomed to the surface of the braces or appliance. Overall, however, orthodontic discomfort is short-lived and easily managed. To ease any discomfort you may experience, we suggest

eating soft foods for the next day or two after an adjustment. We also recommend Tylenol (acetaminophen) if you feel a drug is needed for pain management, since Advil (ibuprofen), Aleve (naproxen sodium), or aspirin can slow the progress of tooth movement.

## Flexible Financing

Most dental insurance policies include orthodontic benefits, which make braces very affordable. We are happy to file your insurance claim forms and also work with you to maximize benefits that you may have from a flexible spending or health savings program. We offer interest-free payments, and for your convenience we accept major credit cards and offer automatic payments from credit or debit accounts. We also offer online payment options through our website. Paid-in-full discounts are also available for those paying the fee at the start of treatment.

## Convenient Scheduling

We schedule our office hours to make your appointments as convenient as possible. We group certain types of appointments to use our time and yours efficiently and effectively. Our office is open 8:00 am to 5:30 pm Monday through Thursday. We are also open on some Saturdays and Wednesday and Thursday evenings for special appointments. If you have an emergency, you can call our office for instructions on how to reach the orthodontic assistant on call or Dr. Barrowes.

You can rest assured that we will do everything we can to make your orthodontic experience as pleasant as possible from start to finish. We believe that orthodontic treatment is a very worthwhile investment, and Dr. Barrowes will not settle for less than the beautiful smile you've been hoping for.

## YOU GUESSED IT!

Did you guess? The following describes our awesome clinic coordinator, Julie Hansen:

- \*Enjoys reading, boating, wakeboarding, 4-wheeling and camping
- \*Has lived in Spanish Fork her whole life
- \*Married her highschool sweetheart and will celebrate her 10th wedding anniversary this year
- \*Is the proud mom of three adorable children



## PATIENT SPOTLIGHT



Jordyn is in the fifth grade and has been a patient at Dr.

Barrowes' office for a little over a year. When asked, she'll tell you her favorite subject in school is recess! Jordyn loves to dance and has tried a bit of everything, from lyrical to jazz to character. She also likes art and painting. Her favorite colors are purple and orange. Her favorite food is pasta or anything Italian. Her favorite animals are elephants and giraffes, but

since she can't keep those as pets, she instead has 3 dogs and 2 hamsters. Jordyn's favorite times of year are fall and spring. She enjoys hanging out with friends in her spare time. She is excited to finally have straight teeth, which she says is the best thing about coming to Dr. Barrowes' office. We think Jordyn has a great smile, and a happy, playful attitude. She is fun to have around!