SMILES WITH STYLE

How We'll Get There

ORTHODONTICS

WELCOME

ORTHODONTIC TREATMENT FOR ALL AGES

It's never too late or too early to think about orthodontics. Whether your child is just starting school or graduating from college, or if you are considering orthodontic treatment for yourself, the information contained in this book will help give a gift that lasts a lifetime–a beautiful smile.

CHILDREN

TEENS

ADULTS

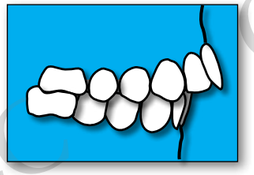
TABLE OF CONTENTS

WHEN IS THE BEST TIME TO BEGIN TREATMENT?

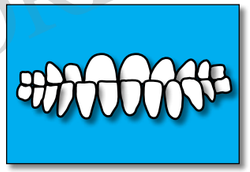
Orthodontic treatment can be started on certain types of tooth problems before all permanent teeth have erupted. Early treatment, usually begun after the four permanent upper and lower front teeth have erupted (ages 7–9), is recommended when any of the problems illustrated on this page are apparent:

The advantages of early treatment include:

- Moving the front teeth back so they will be less susceptible to injury
- Improving the relationship of upper and lower jaws, allowing more normal future growth and development
- Using maximum advantage of growth for successful treatment
- Improving facial appearance and self-esteem
- Taking advantage of the good cooperation of patients at this age
- Possibly avoiding or reducing the need for further treatment when patients are older

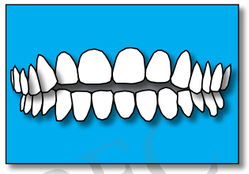


OVERJET
Upper front teeth protrude

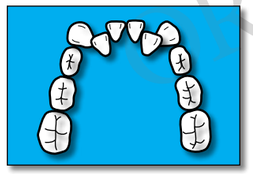


UNDERBITE
Lower front teeth protrude

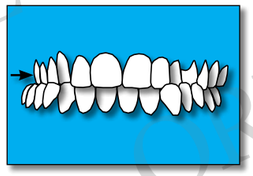
DEEP BITE
Upper front teeth cover lower front teeth too much



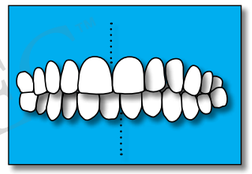
OPEN BITE
Back teeth are together with space between the front teeth



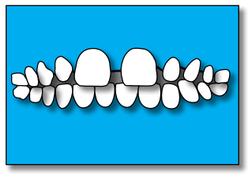
CROWDING
Upper and/or lower teeth are crowded



CROSSBITE
Upper back teeth fit inside lower teeth



MID-LINE MISALIGNMENT
Mid-lines of upper and lower arches do not line up



EXCESS SPACING
There is excess space between teeth

Note: Teeth renderings are for illustrative purposes only and may vary from actual tooth anatomy.

TREATMENT TIMING AND PHASES

Orthodontic treatment can be completed in one full-length treatment or broken into two separate treatment phases with a maintenance phase between the two. Please keep in mind that treatment times depend on several factors.

Your Orthodontist will review the treatment options with you and point out the advantages and disadvantages of pursuing a 2-phase program or a full treatment program.

FIRST PHASE

Treatment usually takes twelve to eighteen months (at 7 to 9 years of age) and a variety of appliances may be used to correct specific problems.

- **BRACES - Placed on the upper and sometimes lower permanent teeth**
- **HEADGEAR - Worn to move the upper molars back**
- **RAPID PALATAL EXPANDER - Worn to widen the upper jaw**
- **FACE MASK - Worn to move the upper jaw and/or teeth forward**
- **FUNCTIONAL APPLIANCE - A removable "retainer" worn to redirect jaw growth**

MAINTENANCE PHASE

During the time between the first and second phase the patient will be seen approximately two times per year. The patient may wear a retainer during the Maintenance Phase.

SECOND PHASE (if required)

During the first phase of treatment the orthodontist has no control over 16 unerupted permanent teeth. If they grow in and problems still exist, further treatment will be required. A separate fee will be quoted at that time. Treatment usually takes twelve to twenty-four months at age 12 to 13 years.

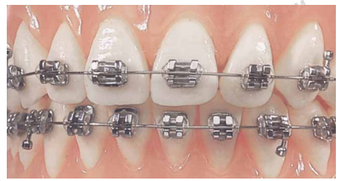
FULL TREATMENT

If you decide to wait, treatment will be started when all permanent teeth have erupted. Full treatment usually takes twenty to thirty months at 12 to 14 years of age. The length of treatment depends on several factors, including:

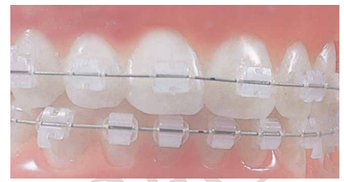
- **Severity of the Problem**
- **Age of the Patient**
- **Patient Cooperation**
- **Consistency in Keeping Appointments**

BRACES

Braces, also known as brackets, are the most common appliance orthodontists use to correct tooth problems. New dental technology has resulted in smaller, more comfortable and more efficient metal brackets such as those shown below. Less noticeable tooth-color or clear brackets made of ceramic or plastic are also shown:



Metal Braces



"Clear" Braces

Your orthodontist will review the different types of available brackets and recommend the most effective and comfortable option for you.

Brackets are usually bonded to each tooth with an orthodontic adhesive. Molar brackets are sometimes bonded and sometimes attached to a band which is fitted to the specific anatomy of the tooth. The brackets are connected to each other by an arch wire and held in place by "O" rings (available in a variety of colors) or spring clips.

ADDITIONAL APPLIANCES

In addition to braces, other appliances may be used during orthodontic treatment, including:

- RAPID PALATAL EXPANDER
  This special appliance widens the roof of the mouth, allowing room for crowded teeth to grow naturally, and/or expands the upper jaw to more closely fit the lower jaw.
- FUNCTIONAL APPLIANCE
  A "removable" retainer worn to redirect jaw growth.
- LINGUAL ARCH
  Fits on the inside of the lower teeth, from molar to molar, acting as a space maintainer.
- HERBST APPLIANCE
  A fixed functional appliance available in a variety of designs to achieve multifunctional treatment goals such as expansion, space opening or closure, or high angle open bite intrusion.
- HEADGEAR
  Typically worn to move the upper molars back or hold the upper jaw back, slowing its growth, while the lower jaw is free to grow forward.
- FACE MASK
  Used when the upper jaw and/or teeth need to be brought forward.

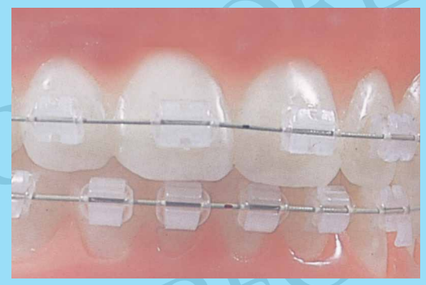
ADOLESCENT AND ADULT TREATMENT

Today, more than 30% of orthodontic patients are over 18 years old. Crooked teeth, improper bite, overcrowding and “buck teeth” are now being corrected in many people, regardless of age. The major difference between child and adult orthodontic treatment is that adult bones are no longer growing. This means that it may take a little longer for adult teeth to move into their correct position. In general, adult treatment takes between eighteen and thirty months.

Adolescents and adults have more choices than ever in creating a beautiful smile. From traditional braces to “invisible” braces, the number of effective and cosmetically pleasing treatment options is growing all the time.

Recent improvements in traditional braces have resulted in smaller, stronger, more efficient and less conspicuous brackets. Metal brackets are the most familiar, however, clear and tooth-color ceramic and plastic brackets are now available. Their clear or natural color gives these brackets a less noticeable look.

Metal Braces



“Clear” Braces

FOODS TO AVOID DURING TREATMENT

Healthy eating, limiting sugar, and getting enough sleep are important during orthodontic treatment. Braces are precise appliances that can be damaged by hard foods or chewing on objects like pens and pencils. Sticky and sugary foods can cause tooth decay and loosen or damage your braces.

HARD FOODS TO AVOID INCLUDE:

- Hard Crunchy Snacks
- Pizza Crust
- Popcorn
- Jerky
- Ice
- Nuts
- Hard Candy
- Corn on the Cob

Whole fruits and vegetables (e.g. carrots and apples) should be cooked or cut into small pieces.

SOFT FOODS TO AVOID INCLUDE:

- **Gum** (as directed by your orthodontist)
- Bubble Gum
- Starbursts
- Taffy
- Caramels
- Tootsie Rolls
- Gummy Candy
- Other Chewy Candies

PROPER BRACES CARE AND BRUSHING TECHNIQUES

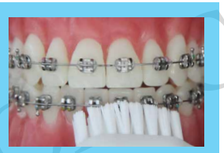
Brushing and flossing your teeth can be challenging when wearing braces but it is extremely important that you do both consistently.

BRUSHING

1 Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet.

2 Use circular motions around the gum lines, 10 seconds on each tooth.

3 Brush slowly, each arch separately, every tooth. Brush the chewing surfaces.



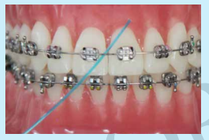
4 Angle the toothbrush above and below the brackets, and along the wires. Brush your tongue and the roof of your mouth, too.

Special tools can be used for hard-to-clean places. Ask your orthodontist what tool is best for you.

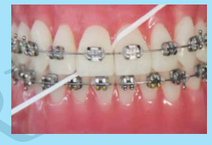
HOW
Use a soft-bristled toothbrush (or electric toothbrush if preferred).

WHEN
Brush after every meal or snack. If you cannot brush right away, rinse your mouth with water to help remove food and reduce acidity.

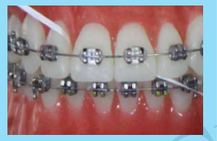
FLOSSING



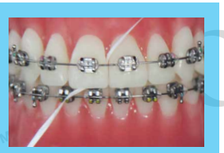
1 Carefully pull floss between wire and braces. A floss threader may be helpful.



2 Floss carefully around the braces.



3 Floss carefully around the gum area.



4 Floss carefully around each tooth.

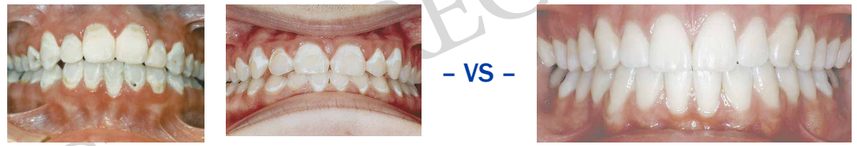
Other flossing methods may be used if you cannot use string floss. Water flossers and floss picks are common alternatives. Ask your orthodontist which method is best for you.

HOW
Use floss threader between gums and braces.

WHEN
Nightly before or after brushing.

WHY
Removes plaque the toothbrush misses.

RESULTS



Here are two examples of what may happen if good oral hygiene is not maintained.

– VS –

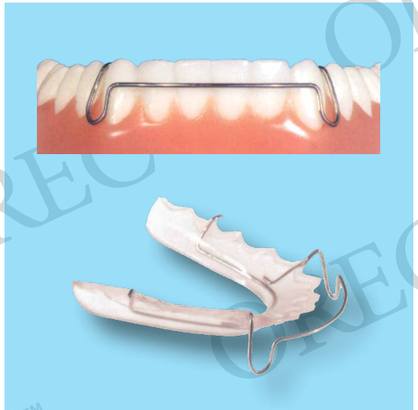
Finished result with proper oral hygiene.

RETENTION

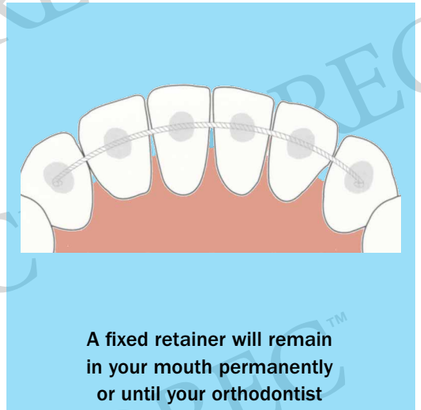
As soon as your treatment is complete and your braces are removed, you will be given retainers. Proper use of your retainer is essential to establish a stable tooth relationship and keep your smile looking beautiful. Retainers should always be worn as directed by your orthodontist.

Removable
Upper Retainer

Removable
Upper and Lower
Clear Retainers



Removable
Lower Retainer



A fixed retainer will remain in your mouth permanently or until your orthodontist approves its removal.

FREQUENTLY ASKED QUESTIONS

Q: What if the bands or brackets become loose?
Answer: The seal created by the cement has broken. Call your orthodontist's office and schedule an appointment. If the band or bracket detaches from the wire, save it and take it with you to your next appointment.

Q: What if the archwire or headgear is broken, or a hook or ligature is lost?
Answer: These problems could cause the teeth to shift in the wrong direction and must be corrected as soon as possible. Call your orthodontist's office and schedule an appointment.

Q: What if there is a wire sticking out and poking the mouth?
Answer: Try tucking it in with the eraser part of a pencil. If that doesn't work, dry it with a napkin and place wax over the tip of the wire to prevent further irritation. Wax can also be applied to a bracket or hook that is causing discomfort.

Q: What if the mouth feels sore?
Answer: To relieve soreness, rinse your mouth with warm salt water and/or take Advil or Tylenol as directed.

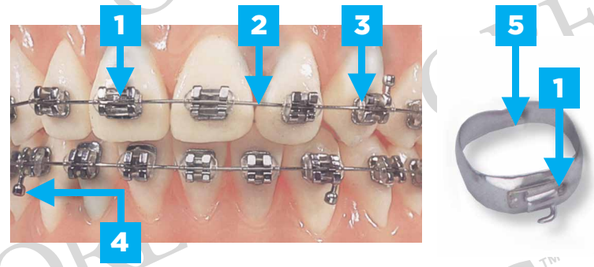
Q: What if my child plays sports?
Answer: Be sure to mention this to your orthodontist.

Q: What if my child or I play a musical instrument?
Answer: Notify your orthodontist if you play a wind instrument or a violin.

Q: Should I be taking any extra vitamins during treatment?
Answer: It is very important that you get enough Vitamin C during treatment as it helps restore and heal bone and maintain healthy gums. Check with your orthodontist for help in determining which foods might provide enough Vitamin C, or how much Vitamin C supplement you should take.

Q: What are the names of the different parts of the braces?

1. **BRACKET** - The attachment bonded to the tooth or welded to the band
2. **ARCHWIRE** - A large removable wire that fits around the arch into the bracket slots
3. **ELASTIC LIGATURE** - Plastic ring that ties archwire into bracket or
   LIGATURE WIRE - Tiny wire that ties archwire into bracket
4. **HOOKS** - Used to attach elastics (rubber bands)
5. **BAND** - A ring of metal, with the bracket attached, that is glued onto the tooth



Q: What can I do to help insure the success of my orthodontic treatment?
Answer:

- Follow all instructions provided by your orthodontist
- Keep your braces and other appliances spotlessly clean
- Wear elastics as required
- Keep appointments
- Keep your teeth clean by brushing and flossing as required
- Maintain a healthy diet

SMILES WITH STYLE

OREC™