

# Braces

## Information Guide

### ABOUT BRACES

For many bite problems, braces are the best way to straighten teeth. The main components of braces are brackets and arch wires. The brackets are simply glued onto the front of each tooth and act as a handle for the arch wires to move and straighten the teeth. Orthodontic elastics, which are required for bite correction, are worn by most patients at some point during their treatment. The braces are adjusted regularly and are removed when a beautiful smile has been achieved!



At Pure Orthodontics we use Damon Braces because we believe they are the very best in orthodontic technology. We offer steel or tooth-coloured options- the choice is up to you!



Before



After

### HOW LONG DOES TREATMENT TAKE?

Most orthodontic treatment takes anywhere between 18 months and 30 months to complete. Treatment duration can be shorter or longer than this depending on the nature of the problem and patient cooperation. The best way to keep orthodontic treatment "on time" is to come to all scheduled appointments, follow the orthodontist's instructions perfectly, and avoid any breakages.



## APPOINTMENT SCHEDULE

### Fitting the braces

The appointment to put braces on is 1 hour long. During this visit, the teeth are polished and the orthodontist will place the braces on each tooth. The final step is to insert the arch wire, which will activate the braces. Before leaving, detailed instructions are given regarding the care of the braces and teeth while in treatment.

### Adjustment visits

Subsequent appointments with the orthodontist and/or hygienist are usually scheduled every 6 to 10 weeks. At these visits oral hygiene is reviewed, the bite is checked and the braces are adjusted. These visits are usually 20 minutes long. From time to time, longer adjustment visits may be required.

## ADJUSTING TO LIFE WITH BRACES

It can take a week or two to completely adapt to life with braces. When the braces are first fitted, and after any adjustment visits, your teeth will feel tender. This will usually subside after a few days and can be managed with mild pain relieving medication. Some individuals may experience mouth ulceration which tends to settle down once the braces have been on for a while.

Braces tend to trap food and plaque, increasing the risk of dental decay. Teeth need to be brushed and flossed more thoroughly with braces on, and while it is more time consuming, it becomes easy with practice.

Sweet and acidic food and drinks are best avoided, as they can damage the teeth leading to permanent marks (decalcification) and tooth decay. It is also important to avoid eating sticky and hard foods, as they can cause the braces to detach from the teeth.

## LIFE AFTER BRACES

When your orthodontist is happy with the position of the teeth, a long appointment is made to remove the braces and fit retainers. Retainers are to be worn full time for the first 6 months and only at night after that. It is important to note that long term retainer wear is necessary to maintain the result. Regular visits with the orthodontist for 2 years after braces are removed are part of our care to ensure that the bite is satisfactory and the retainers fit well.

Pure Orthodontics

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