

Braces

Information Guide

ABOUT BRACES

For most 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, so that the final result is a beautiful smile!



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. Some cases can be quicker and others can take longer, depending on the nature of the problem. The best way to keep orthodontic treatment "on time" is to come to all scheduled appointments, follow the orthodontists instructions perfectly and avoid any breakages.



APPOINTMENT SCHEDULE

Appointment 1: Fitting the braces (60 mins)

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.

Appointment 2: Oral hygiene review (10 minutes)

Two to three weeks after the braces have been fitted, a follow-up visit is arranged with a dental hygienist. At this visit, we make sure oral hygiene is satisfactory and that the braces are comfortable.

Subsequent appointments with the orthodontist 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

With any new appliance, there is a period of adaptation. When the braces are first fitted, and after any adjustment visits, the 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 a lot of food and plaque, increasing the risk of dental decay. The way teeth need to be brushed and flossed with braces is a little bit different and more time consuming, but with practice becomes easy.

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 the orthodontist is happy with the position of the teeth, a series of appointments are made to remove the braces and fit retainers. Retainers are to be worn full time initially. Regular visits with the orthodontist for the few years after braces are removed are necessary to make sure that the bite is satisfactory and that the retainers fit well.

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