



ORTHO GUIDE



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Orthodontic Treatment is one of the most important decisions you'll make. And timing is **EVERYTHING**.

Are my kid's teeth coming in normally?

Does my kid need braces?

Do I wait until all the permanent teeth come in?

What's better? Braces or Invisalign?

We created this guide to answer those questions for you.
So you can have the **best chance at a beautiful smile.**

Having a straight smile is crucial for your health and
proven to **powerfully impact your overall happiness and
success in life.**

Find out how orthodontics can transform your life!
You were born to THRIVE!






Lots of Love,

Drs. Christine & Nathan Coughlin

IMPORTANCE OF *Orthodontics*







The purpose of orthodontics is to create a healthy, functional “bite.”

-  **Bite = tooth alignment + jaw position**
-  When jaws and teeth line up correctly, they are able to function properly.
-  This promotes good oral health and comes with the bonus of boosting confidence from a straight, beautiful smile!

BENEFITS OF *Orthodontics*



-  Helps your child bite, chew, and speak properly.
-  Straight teeth are less prone to tooth decay, gum disease, and injury.
-  More attractive smile: teeth, lips, and face are brought into proportion.
-  Improves self-confidence



Studies show that an attractive smile can improve one's success and happiness in life. It is no wonder that orthodontic treatment has a very high satisfaction rate.

WHAT IS AN *Orthodontist?*



An orthodontist is a dentist who went through extra and intensive training for orthodontics and specializes in only orthodontic treatment.

EARLY CHECK UPS *Orthodontics*



The American Association of Orthodontists recommends children get their first orthodontic checkup by age 7.

7 years old is the ideal time for an orthodontic check-up because at this age:



Permanent teeth start to take the place of baby (primary) teeth



The face and jaws are growing

EARLY CHECK-UPS REVEAL:

- 1 If your child has an existing or developing orthodontic problem.
- 2 If early intervention is needed.
- 3 Or if only monitoring your child's development is required.

DO I NEED *Braces?*

Here are the 8 criteria your orthodontist looks for when determining if your child will need braces:

The consequences, if these problems are not corrected, include increased risk for cavities, gum disease, speech problems, injury, facial imbalances, jaw problems, and more.



Crowding



Spacing



Open Bite



Crossbite



Overbite (Deep Bite)



Underbite



Overjet (Protrusion)



Abnormal Eruption






Early Treatment

PHASE 1



Phase 1 is considered **preventive** or **interceptive** treatment.

PURPOSE:


-  Create a better environment for permanent teeth to come in
-  Create a better functional and esthetic outcome for your child.
-  Prevent more serious problems from developing in the future.
-  Make treatment shorter and less complicated at a later age.
-  Achieve results that may not be possible after the face and jaws finish growing.

EARLY TREATMENT ALLOWS YOUR ORTHODONTIST TO:

- 1 guide the jaw growth
- 2 correct damaging oral habits
- 3 improve appearance and confidence
- 4 guide permanent teeth into the correct position
- 5 lower the risk of trauma to protruded front teeth

WILL MY CHILD NEED EARLY TREATMENT?

Your child may need early treatment if:

-  A stubborn baby tooth needs to be removed to allow the permanent tooth to erupt in its proper place.



A habit appliance is needed for:



correcting tongue position for swallowing



stopping a thumb- or finger-sucking habit, which can ruin the bite and orientation of the teeth

Ortho Treatment

PHASE 2

Most patients will require a second phase of orthodontic treatment once all the adult teeth come in, around age 12-14 years old.

In phase 2, upper and lower braces will be placed.

TYPES OF Braces



With so many types of braces available today, you might be wondering, "which braces are right for me?"

Here the pros and cons of each type of braces:

METAL Braces



These are the typical type of braces that everyone knows. The brackets are metal and you can choose the color of your elastic ties.



Metal braces also have the fastest results but are the most noticeable.

METAL *Braces*



PROS

- ✓ Fast results
- ✓ Variety of color choices

CONS

- ✗ Most noticeable type of orthodontic appliances
- ✗ White spots can form around brackets with poor oral hygiene care.

CERAMIC *Braces*



Ceramic braces are more discreet because the brackets are clear. However, they are not as strong as metal braces and have a higher risk for breakage.

PROS

- ✓ Less visible.
- ✓ The preferred treatment for adults.

CONS

- ✗ Difficult to clean thoroughly to prevent staining.
- ✗ More expensive than traditional braces.
- ✗ Not as strong as metal braces.

INVISALIGN/ CLEAR *Aligners*



Here's what you need to know:

1) ARE YOU A CANDIDATE?

Clear aligners are typically for more **minor to moderate** cases involving moderate crowding/spacing and bite issues.

2) PROS & CONS OF INVISALIGN / CLEAR ALIGNERS:

PROS

- ✓ Most esthetic option.
- ✓ No dietary restrictions.
You remove aligners to eat.
- ✓ Best oral hygiene maintenance.
You remove aligners to brush and floss.

CONS

- ✗ Difficult for patients to comply
Must take aligners in and out often to eat, brush, and floss.
- ✗ Difficult to treat complex cases.
- ✗ 4-6 weeks long wait from time of impression to deliver aligners to patient.
- ✗ Most expensive.

3) THE PROCESS

- 🦷 You must have all dental treatment completed (excluding bridges/implants) before taking an impression/scan.
- 🦷 It takes 4-6 weeks to get aligners back in the office from the lab.
- 🦷 You will get 6-14 trays at a time that you will change out every week.
- 🦷 You may need extra trays at the end of treatment - this is called a **refinement**.
- 🦷 At the end of treatment, you will receive retainers to keep your teeth straight for life.

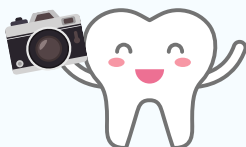
BEGINNING *Treatment*



INITIAL *Visit*

- 1 At your initial visit, you will take a **panoramic and cephalometric X-ray**, so your orthodontist can properly diagnose any issues.
- 2 Your orthodontist will **examine your teeth and your bite** and determine your **treatment length and treatment process**.
- 3 You will also be made aware of all **financial and/or insurance payments** at that time.
- 4 Once we decide to move forward with treatment, you can sometimes get your braces bonded the same day!

BONDING *Braces*



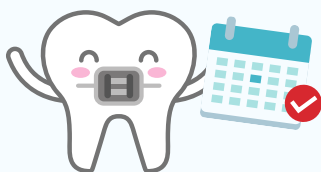
After your consultation, we will **take pictures** and start **placing brackets**. There are **no needles, injections, or drilling** involved in the placement of braces.



If you want to see the process, check out our Youtube channel <https://youtube.com/c/ThriveDental>.

You can expect to be sore for a few days to weeks as your teeth and gums get used to the movement. You can take over-the-counter pain medication to ease your discomfort.

DURING *Treatment*



After your braces and bands are placed, we will see you **every 6 weeks** for the duration of treatment. During these short **adjustment visits**, we will change your colors, wires, advise you on rubber bands, etc.

Foods to Eat WITH BRACES

Once you get your braces, you're going to want to know which foods you can eat and which ones to **avoid** to prevent discomfort or damage to your braces and teeth.





INITIAL SORENESS

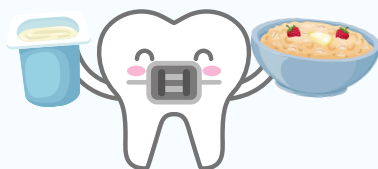


When you first get braces, you can expect some soreness in the first few days while your teeth adjust.

During this time, you'll want to eat **soft foods** that don't require too much chewing to prevent additional discomfort.

Examples:





-  soup
-  mashed potatoes
-  oatmeal
-  yogurt

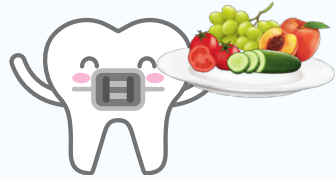


HEALTHY DIET

Eat a healthy diet with a variety of easy-to-chew foods for the best results with your orthodontic treatment.

Examples:

-  rice
-  smoothies
-  scrambled eggs
-  steamed veggies



*Slice up fruits and vegetables into smaller pieces.

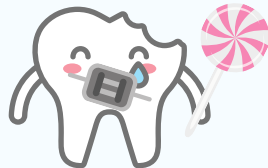
Foods to Avoid WITH BRACES

To prevent damage to your braces and teeth, avoid foods that are: hard, sticky, crunchy, or chewy.

Stay away from sugary and starchy foods.

Examples:

-  hard crackers
-  popcorn
-  taffy
-  hard candy



Make sure to cut pizza and sandwiches into smaller bites. Cut corn off the cob rather than biting into it.

BRACES

Oral Hygiene Care



Although it takes more time and effort with braces, maintaining good oral hygiene is extremely important for your braces treatment to be successful.

HOW TO *Brush*



Brushing your teeth for **at least 2 minutes, twice a day**, is crucial to keep your teeth and gums healthy.



This also prevents **puffy gums** and **permanent white scars** (aka decalcification) on your teeth caused by poor oral hygiene.

- 1 Place the brush at a **45-degree** to the gum line and brush in a circular motion.
- 2 Place the brush over the wire and brush in a circular motion
- 3 Place the brush at a **45-degree** angle to the braces/wire and brush in a circular motion.
- 4 Place the brush at a **45-degree** angle below the wire and brush in a circular motion.

HOW TO *Floss*



Flossing daily is crucial for preventing cavities and gum disease.

- 1 Place thin arm of floss appliance **between the wire and teeth**.
- 2 Floss in between all your teeth every night.



Tip: We recommend the Plackers Ortho Pick or Superfloss.

5 TIPS TO MAKE *Braces Go Faster*



- 1 Follow instructions on the frequency of brushing and flossing. See your dentist for a check-up & cleaning at least every 3-6 months during orthodontic treatment.



- 2 Watch what you eat with braces. Avoid hard, sticky, crunchy, and chewy foods.



- 3 Avoid acidic and sugary beverages like soda, juice, & sports drinks.



- 4 Wear your elastics (rubber bands) as instructed.

- 4 Don't skip your appointments with your orthodontist.



Not following these instructions can extend your treatment time.





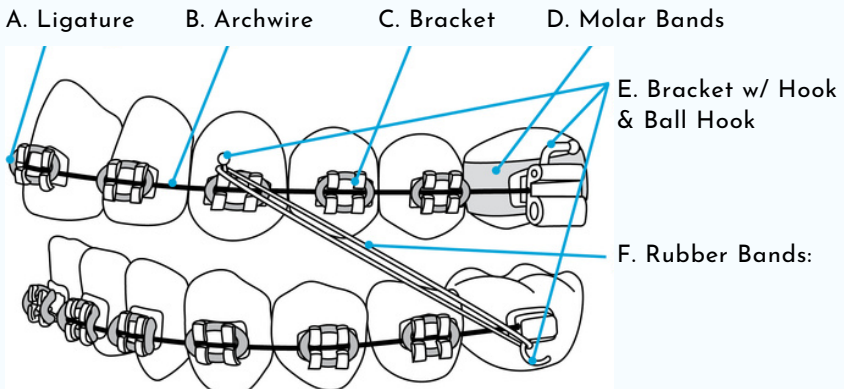
After Treatment

Once we are completed with treatment, you will receive retainers. Retainers are a **lifelong commitment**. It's important to wear them **every night** to **prevent relapse** (teeth shifting back to original position).

You will wear them less and less as time passes but they should be your friends for the rest of your life.

Braces Diagram

The diagram below illustrates the names and parts of braces.



A. Ligature: the archwire is held to each bracket with a ligature, which is either a tiny rubber band or a twisted wire.

B. Archwire: the archwire is fastened to all of the brackets and creates force to move teeth into proper alignment.

C. Bracket: Brackets are bonded directly onto each tooth. The archwire is held in place by the brackets.

D. Molar Bands: A metal band with a bracket attached is wrapped around select molars for additional anchorage.

E. Bracket with Hook and Ball Hook: Hooks and ball hooks, each attached to a bracket, are used for the attachment of rubber bands (elastics), which help move teeth toward their final position.

F. Rubber Bands: Rubber bands are elastics used to temporarily connect brackets between the upper and lower jaw to add force for additional tooth movement.





THRIVE

DENTAL & ORTHODONTICS

