

## WHAT IS FULL FIXED APPLIANCE THERAPY (BANDS & BRACES)

**DEFINITION:** A dental appliance constructed of bands, bonds and wires that are fixed to the teeth to correct irregular alignment.

Braces treat dental problems such as crowding, spacing and most importantly guide the teeth into a better occlusion. Braces are usually in place for approximately eighteen months but this can vary depending on many factors such as rate of growth, oral hygiene, breakages and regular attendance. Appointments at 5-9 weekly intervals will be required to adjust the appliance. One week prior to placing the braces we may need to place separators in between the back molar teeth. This visit takes approximately 30 minutes. Placing the braces requires a 90 minute appointment.



Before Treatment



After Treatment

### CLEAR BRACES

These are for patients who are concerned with the appearance of metal braces. They are manufactured from porcelain like material and are generally only placed on the upper front teeth (the area which is apparent when you smile). These braces are not appropriate if you play a lot of contact sport, as they are more fragile. Clear braces attract an additional fee. Please enquire with your Orthodontist as to whether this style of braces are appropriate for you if you are interested in having them fitted.

### METAL BRACES

These are standard braces. They are manufactured from surgical stainless steel.

Patients have the option of natural or coloured "O-rings" (correct name Alastics) which may be changed or varied during adjustments.



Clear Braces



Metal Braces

### RETAINERS

Braces are always followed by retainers, which are usually removable and hold the teeth in their new positions. There are various types of retainers (see pictures) your Orthodontist will prescribe the correct ones for you. These act like a template or guide while your teeth settle and you finish your active growth.

Again this time can vary but usually retainers are worn for six months full time (removed only when cleaning and on very special occasions) followed by a minimum of 12-18 months after dinner and nights. Retainers are usually checked every 3-6 months. Close to the end of treatment final x-rays are essential to check on the roots of the teeth and importantly the size and position of wisdom teeth. A final report will then be written to your general dentist who needs to continue to see you for regular appointments both during treatment and over the rest of your life.



Some different types of Retainers

### ORAL HYGIENE

The success of your braces treatment relies largely upon the standard of Oral Hygiene that you are able to maintain throughout your program. At every adjustment visit we record an Oral Hygiene Score out of 5 which gives you an indication as to how you are coping in this area. Patients who score perfect 5's during their visits enter our bonus prize draws.

**POOR BRUSHING**- leads to stained teeth and puffy gums following treatment.



**EXCELLENT BRUSHING**- leads to a fabulous result!

