

BRACES

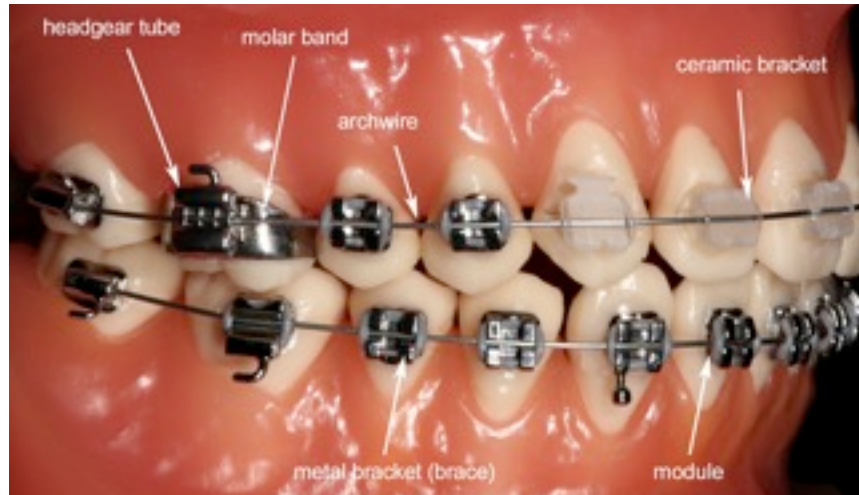
suite 3, 285 Carlisle Street
Balaclava Vic 3183

Phone: 61-3-95258666

Fax: 61-3-95259858

www.alexanderyusupov.com.au
alex@alexanderyusupov.com.au

BRACES



Braces are the most common orthodontic appliances. The term braces usually encompasses the following items (see Figure 1):

- brackets - metal or aesthetic
- archwire - this acts as a metal track
- module - this locks the archwire to the bracket

The bracket acts as a handle, which allows us to “grab” the tooth. The archwire acts to provide the force to move the tooth, and the module acts as way of attaching the archwire to the handle.

Teeth move in response to force or pressure. The orthodontist aims to design a force system where the teeth move in the desired direction. We do this by using wires, elastics and elastomeric chain modules. Sometimes we have to use accessory devices like headgear or elastics to help us move the teeth in the desired direction.

While you are wearing braces, the orthodontist needs to see you regularly to adjust the forces, and to make sure that the teeth are moving in the right direction. These adjustment appointments are usually very brief, and after each adjustment it is normal to feel pressure on your teeth, as after all, this is the aim of the adjustment.

Frequently Asked Questions:

How are the braces attached to the teeth?

In most instances, the braces are glued directly to the teeth with the use of bonding resin. The enamel of the teeth is prepared by etching the surface, and then special orthodontic glue is used to attach the bracket to the tooth.

How long does it take to put braces on?

Usually it takes 20-30 minutes to fit the braces. Then we spend 10-15 minutes showing you how to look after your teeth and your braces.

Will it hurt?

Putting the braces on is not painful. After the braces are fitted, it is normal to feel some discomfort, like pressure on the teeth especially when the top and bottom teeth are brought together. It is also normal for the lips and cheeks to take a little while to adjust to the presence of braces.

How often do I need to have my braces adjusted (tightened)?

We usually adjust your braces every 4-6 weeks. These are usually short visits (10 minutes).

DOs and DON'Ts

Braces are delicate mechanisms and require care to prevent breakage and damage to the teeth. Please follow these simple Dos and Don'ts.

DOs

- Do clean your teeth and braces after each meal. Use a soft tooth brush and a fluoridated tooth paste.
- Do floss your teeth once a day before sleep. This helps to clean between the teeth and prevent decay.
- Do visit your dentist and hygienist at least every 6 months while braces are worn.
- Do keep your orthodontic appointments - missed appointments prolong treatments. If you have missed an appointment, call us as soon as possible to make another time.
- Do call us if you have any problems with your braces.
- Do wear a mouth-guard if you play active sports - call us and we will fit one for you.
- Do cut up hard fruits and vegetables like apples and carrots into small pieces.

DON'Ts

- Don't pick at your braces with fingers, pens, pencils or toothpicks.
- Don't eat sticky and hard lollies and nougats, popcorn and hard breads and biscuits.
- Don't have frequent sweet or sweet carbonated drinks like Coke or Gatorade, if you do want to drink these, use a straw.
- Don't bite hard things as these will break your braces and dislodge or bend the archwire
- Don't forget to wear your elastics if asked by your orthodontist.

TYPES OF BRACES



Stainless steel braces - these are standard brackets fitted to the teeth. These braces can be made fun by use of coloured tie modules.



Aesthetic braces - this are usually clear or tooth coloured braces. They are made of porcelain, fibreglass or a combination of both (eg. Clarity, Ice and others)



Self-ligating braces - these braces do not need a tie module - the wire is held in the place by a locking mechanism (eg. Damon, Innovation, SmartClip, Speed)



Lingual braces - braces are fitted to tongue side of the teeth. Usually fitted to the upper teeth in cases where patients want to keep their braces hidden.



No braces - in some instances, we can correct orthodontic problems using no braces at all. These treatment usually involve a series of clear aligners (INVISALIGN) or removable plates.

Braces + Time = Beautiful Smile