

## How are They Going to Stay Straight?



Once your braces come off, some impressions will be taken to create retainers.

Retainers are extremely important if you want to keep your teeth straight.

The retainer looks like a clear mouth guard. They are designed to keep teeth in their current position.

**Remember- your teeth are always moving! This is why it is important to wear your retainers as instructed by Dr Leedham.**

## Remember:

Clean thoroughly! Healthy teeth and gums means faster movement

Stay away from soft drinks and foods high in sugar

Do not forget to have regular check ups with your dentist

Wear your retainers as instructed

And most importantly remember to...

## SMILE!



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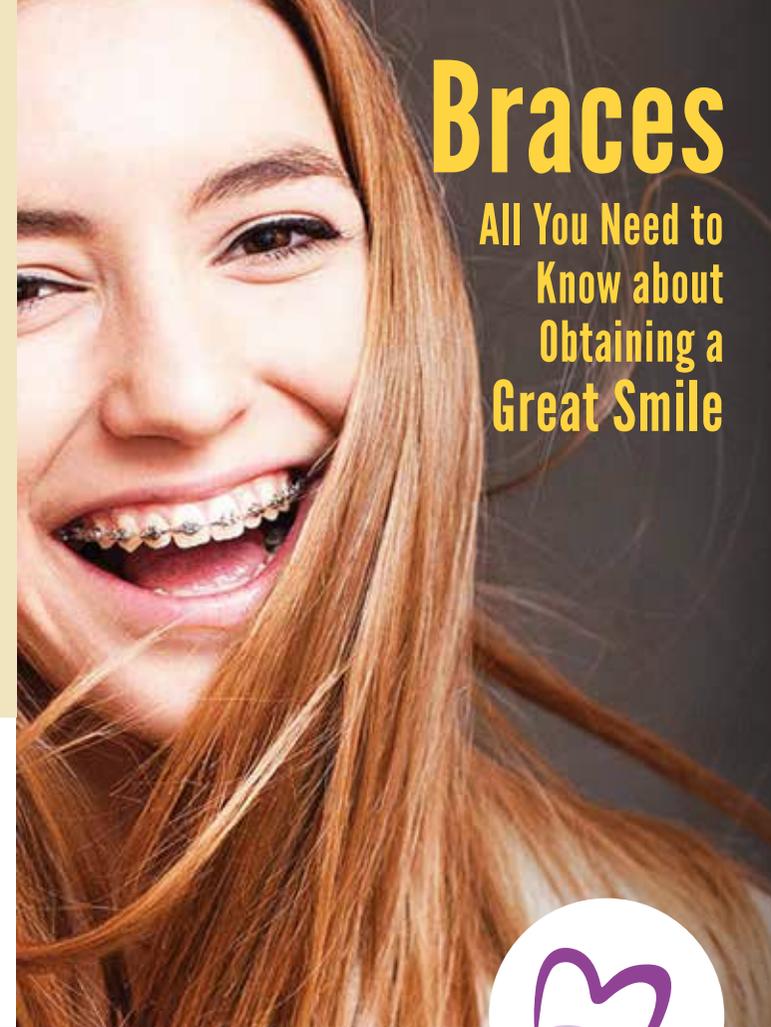
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# Braces

All You Need to Know about Obtaining a Great Smile



## A Guide to Fixed Orthodontic Appliances

## What's the Deal?



Orthodontic treatment is using braces (or other appliances) to straighten teeth. Not only so they look good, but also to correct the way your teeth fit together.

## Do I Have to?

Not everyone needs braces. However, there are a lot of problems that orthodontics can fix. They are useful for things such as crowding, creating space for other teeth to come through, moving teeth to their correct position and even creating space for teeth that are missing, so they can be replaced.

**Straighter teeth create an easier cleaning environment, which helps keep teeth and gums healthy longer with the correct care.**

## OK... So What's Involved?

Your appointment for placing the braces is a longer appointment than usual. This appointment is usually about 60 minutes. During which, Dr Leedham will place a bracket on each tooth, and then a thin flexible wire to begin gently aligning your teeth.

**The general length of orthodontic treatment can range from eighteen to twenty four months.**

Your braces may feel uncomfortable for the first few days as your teeth begin to move. If necessary, you can take some form of pain reliever to ease the discomfort. Ulcers are common as your mouth is getting used to your braces, and some orthodontic wax can be placed over your braces to help minimise rubbing.

Oral hygiene is always important in everyday life, but especially when you have braces. The healthier your teeth and gums are, the faster your teeth should move.

## Right... My Braces Are On, What Should I / Shouldn't Do?

It may take a while to get used to eating once the braces go on. Just take your time and eat soft food for the first couple of days. A healthy diet is permissible as long as food is cut into smaller pieces to make it easier to chew, and to reduce the risk of breakages to your appliances.

Soft drinks (even sugar free ones) and sports drinks are a big NO! They are full of sugar and often highly acidic. They can leave your teeth with unattractive white splotches (known as decalcification) and staining when the braces come off. Proper brushing is also important to reduce the risk of this. Hard and sticky foods must also be avoided.

An appointment is made approximately every six to eight weeks to see Dr Leedham to adjust your appliances.

