

So, It's Time for Your Braces!

Orthodontics can be very fun and easy for you, the patient. At your first visit, orthodontic records will be created. Two x-ray pictures of your head will be made as well as photographs of your head and the inside of your mouth. Impressions (molds) will also be made of your teeth and jaws. A few weeks later, you and your parents will meet with Dr. Fales to discuss your orthodontic treatment plan. You will learn about the steps your treatment will involve, how long you will wear braces and also how much it will cost.

About a week before the big day, you will have spacers placed to make the process of fitting the bands on your back teeth easier. The next step for you may be an appliance that is adjusted by your parents, or you may get braces at the next visit. After the braces are placed, a very thin wire will be fit to the braces and tied to them with tiny rubber bands. These rubber bands come in many different colors and this is where the real fun starts! You can pick any colors you want; sports team colors, school colors, holiday colors, or any of your favorite colors. We have a tool on our website (under the "Fun Stuff" tab) that you can use to see just what the colors will look like and then you can print the plan and bring it with you to your next visit. Wherever your treatment begins, we will spend some very important time with you reviewing special diet restrictions during orthodontic treatment and we will talk about how to best care for your teeth with your new orthodontic appliances. We will also give you a new electric toothbrush when your treatment involves braces and will prescribe special anti-cavity products for you to use. All these things are important for you to know and to use every day because having braces increases your risk of having cavities. We will need your help in reducing this risk so that after your braces are off you will have straight teeth AND a healthy smile!!!