

CENTURY ORTHODONTICS

OUR THIRD CENTURY OF ORTHODONTIC EXCELLENCE

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TYPES OF "BRACES"

STAINLESS STEEL BRACKETS Our standard appliances at this time are state of the art, miniature brackets which are glued to the outside of the teeth. They give excellent control, have good esthetics and are easy to work with. These are probably the best choice for the typical school-age patient and many adults.

GOLD Just like the regular stainless steel ones but with a glamorous twist! Be the first on your block to get a set!

METAL BANDS These are rings of metal which are cemented around each tooth and have been in use for over 100 years. We routinely use these attachments only for the back molar teeth that take a great deal of stress. This type of brace on the front teeth gave the infamous "metal mouth" look. Separators, placed 4-7 days before, are usually necessary to provide space for bands.

CLEAR BRACES (porcelain, plastic and sapphire) In the past we have discouraged the use of tooth colored brackets because they were made of plastic and so were easily broken and stained. Recently however new brackets made of more durable materials have been developed. Disadvantages of these brackets are their higher cost, possibility of fracturing, and some extra "chair time" in treatment. Their extreme hardness also means that it is important to keep them out of bite contact. This limits their use to the upper teeth only in some cases. For these reasons there is an additional charge of \$300 per arch. This charge would be added to the initial fee. If you wish to consider these new tooth colored brackets, please read and sign the reverse side of this handout.

LINGUAL APPLIANCES (Inside braces) These are metal brackets glued to the inside of the teeth. Although they received a great deal of publicity a few years ago they have disadvantages with speech, length of adjustment appointments, total treatment time, inability to handle complex problems, and cost. With the advent of good tooth colored brackets and the Invisalign™ system we are no longer recommending these appliances.

INVISALIGN™ A great new way for adults and older teenagers to straighten their teeth. These state-of-the-art alternatives to braces are virtually undetectable to other people. Invisalign works, not with brackets and wires, but with a series of clear, customized, removable appliances.

RETAINERS A term incorrectly applied to removable appliances made of plastic and wire. Only certain types of interceptive treatment and minor tooth movement can be handled with these devices.

TOOTH COLORED APPLIANCES

(Also called esthetic or clear braces)

We do love these new appliances, but there are some things you need to know!

- ◆ Even though these brackets may be harder than the metal ones, they're more brittle...so be careful what you eat, very hard brackets can fracture easily if abused.
- ◆ Even though porcelain will not stain; the elastic ties, bonding residue and teeth themselves (harder to clean) can still discolor if the wrong things are eaten. Please try to limit tea, coffee, tobacco and staining types of food (mustard, blueberries, etc.)
- ◆ Even though we try to change the elastic "O" rings at every appointment, there may be times between appointments when they look unacceptable (before a wedding, for the prom etc.) Just give us a call, come in early, and we'll fix things up with new "O" rings.
- ◆ Even though they now make white arch wires, these wires don't work very well. We find the metal wires work the best and really don't show very much.
- ◆ Even though the orthodontic companies keep telling us that they are working on elastic "O" rings and elastic thread that are stain resistant and don't discolor they still haven't perfected them. Many patients find that *wire ties* look almost as good as new "O" rings when initially placed and much better weeks later after the "O" rings start to stain and discolor. Try both ways and see which you prefer.
- ◆ Even though we have had little trouble with these appliances there have been some reported incidents of patients experiencing bracket breakage and/or damage to teeth, including attrition, enamel flaking on debonding, and enamel fracturing. Fractured brackets may result in remnants that might be harmful to the patient.

Patient

Parent/guardian

Date