

WHAT IS ORTHODONTIC TREATMENT?

Orthodontic treatment is a way we can straighten or move your teeth, to improve the appearance of your face and smile. A healthy, attractive smile can impact your health, your self esteem and your relationships. It can also help to look after the long-term health of the teeth, gums and jaw joints, by spreading the biting pressure over all the teeth.



WHY SHOULD I HAVE ORTHODONTIC TREATMENT?

Many people have crowded or crooked teeth. Orthodontic treatment will straighten the teeth placing them in balance with the face giving a beautiful smile. This can not only improve your appearance but also the way the teeth bite together, while making them easier to clean.

In some patients the upper front teeth can stick out and look unsightly. These 'prominent' teeth are more likely to be damaged, but orthodontic treatment can move them back into line. In others, the way the upper and lower jaws meet can cause teeth to look unsightly and lead to an incorrect bite. Orthodontic treatment may be able to correct both.

When the teeth don't meet correctly, this can put strain on the muscles of the jaw, causing jaw joint problems and in some cases headaches. Orthodontic treatment can help you to bite more evenly and reduce the strain.

AT WHAT AGE SHOULD I HAVE ORTHODONTIC TREATMENT?

Orthodontic treatment is often carried out in children, but more and more adults are having treatment which wasn't available to them when they were younger. In some children it may be necessary to wait for enough of their adult teeth to come through before starting treatment. In other children we choose to start earlier and use growth to help fully correct their smile.



WHAT DOES IT INVOLVE?

Our starting point is a detailed examination of your face and teeth. Information we gather from x-rays and models of your teeth will be used together with the latest computerised technology to plan your treatment.

We will then discuss what treatments are possible. Once you are sure you want to go ahead, we will have customised brackets or Invisalign aligners prepared for your teeth to achieve the treatment option you have chosen. This will increase quality, speed up your treatment and reduce the number of visits you need to make for adjustments.

WILL I NEED TO HAVE TEETH TAKEN OUT TO MAKE ROOM?

There is no one size fits all. While the majority of cases nowadays can be done without extractions there are times when extractions are necessary. Careful consideration of facial appearance, amount of crowding, bite characteristics and even the thickness of the gum and bone lead us to the correct treatment plan for each individual case.



HOW IS TREATMENT CARRIED OUT?

Orthodontic treatment can be done by many sorts of appliances, which most people know as 'braces' and "clear aligners."

WHAT IS A FIXED APPLIANCE?

Fixed appliances have brackets and bands temporarily stuck to the teeth. A flexible wire joins all the brackets and allows the teeth to be moved. It is not possible for you to take the appliance out and so it is called a fixed appliance. The brackets are usually made of metal, however ceramic may also be used.



WHAT ARE ELASTICS?

It may be necessary to attach delicate elastic bands to a fixed brace to help move your teeth. We will tell you if you need elastics.

HOW LONG WILL IT TAKE?

The length of treatment depends on how severe the problem is, and may take anything from a few months to two-and-a-half years. Most people can be treated in one to two years.



WHAT HAPPENS WHEN THE TEETH ARE IN THE RIGHT POSITION?

When treatment is finished the teeth need to be held in position for a time. This period is called retention, and the appliances that hold the teeth in place are called retainers. The retainers hold newly straightened teeth in position while the surrounding gum and bone settles. The retainers can be removable or fixed depending on the original problem.

HOW MANY VISITS WILL IT TAKE?

Orthodontic appliances usually need adjusted every 4 to 8 weeks depending on the stage of your treatment.





WILL IT HURT?

All appliances may feel strange to begin with and can be uncomfortable. If your problem doesn't disappear we may be able to carry out adjustments to help. Your teeth may be uncomfortable immediately after adjustment but this will settle.

HOW SUCCESSFUL WILL IT BE?

Success depends on a partnership between our skills to provide orthodontic treatment for you and your enthusiasm and commitment to complete your treatment. It is important to attend your appointments and for you to carry out any instructions that are provided.

For children's orthodontic treatment it is very important that your child is as keen to undergo orthodontics as you are as a parent.



CAN ORTHODONTICS DAMAGE MY TEETH?

Your teeth can be damaged if they are not properly looked after during treatment. Poor cleaning and too many sugary drinks and snacks can cause permanent damage. Brackets, wires and braces can trap food and cause more plaque build up, so your teeth and appliance need to be cleaned very thoroughly by brushing twice a day with a fluoride toothpaste. Appliances are delicate and you need to make sure you clean them carefully so that they do not break. We will be able to show you special techniques and products to use for your appliance at the beginning of your treatment.

It is important to continue to have your teeth examined and cleaned in your active maintenance appointments every six months with our dental hygienist.

IS ORTHODONTIC WORK PERMANENT?

Even after retention, it is normal for minor tooth movements to happen throughout life, so no permanent guarantee can be given. However, it is unusual for teeth to alter enough to need further treatment.



HOW DO I GO ABOUT GETTING ORTHODONTIC TREATMENT AND HOW MUCH WILL IT COST?

The first step is to call us to discuss your concerns with your smile. We will then collect full orthodontic records so your treatment can be planned and options for your treatment can be provided. We will provide you with a quote for your complete orthodontic treatment and any other necessary dental work required for you to achieve optimal dental health. This will be provided in writing to avoid any confusion.

Diamond Dental Care & Implant Centre is dedicated to promoting a high standard of quality in both dentistry and customer care. We have created a relaxed and inviting environment for you to visit and a comfortable and enjoyable workplace for us to work in.

Our priority is to achieve and maintain your dental health. We take great care in helping you understand any treatment in terms of benefit to you as well as time and costs involved.

If there is anything that you wish to discuss with us, please call us on (07) 5477 0889. Alternatively you can send us a question by email from info@diamonddentalcare.com.au at any time.

We look forward to seeing you!

