

# Active Orthodontics Frequently Asked Questions

## 1. What is orthodontic treatment?

Orthodontic treatment involves moving the teeth, and sometimes even the jaws, to a better position to give a great smile, a better bite and a balanced facial appearance.

## 2. How long will orthodontic treatment take?

The length of treatment depends on the severity of the problem, and your cooperation. Simple movements can be done in a few months, while more complex treatments can take a couple of years.

Turning up for appointments, following instructions, being careful with diet, and good brushing, all lead to faster tooth movement and a great result.

Help us to help you.

## 3. What foods need to be avoided during orthodontic treatment?

Very hard foods (pork crackling and nuts) need to be avoided as they can sometimes break your braces. Sticky foods (Minties, roll-ups, caramels) make it difficult to clean the teeth and braces. Most foods can still be eaten, but simply need to be cut into small pieces with a knife and fork.

## 4. What happens if I have a problem during treatment?

If you have a problem or query, please phone the surgery and the Active Orthodontics staff or Dr. Cook can help you. Frequently, problems can be solved over the phone or left until the next scheduled visit. If a special visit is necessary, the Active Orthodontics staff can arrange this.

## 5. Why should I have orthodontic treatment? (What's in it for me?)

Straight teeth mean a better smile and less wear of the teeth. There is less chance of trauma to the teeth when they are protected by the lips rather than protruding. Straight teeth are easier to clean, meaning better gingival and periodontal health. Who knows - straight teeth may even mean a better job.

## 6. Do I need to wear retainers after my treatment?

Yes. Initially retainers are worn full time, but then need only be worn at night and then only a couple of nights a week. Retainers help keep the teeth in their new position.

## 7. How much does orthodontic treatment cost? Is there a payment plan?

Dr. Cook will give you an estimate of costs at your consultation visit. Payment can be spread out over the treatment duration. Your health fund can rebate some money if you are covered for orthodontics. Most people can get a tax refund as well. Your accountant can advise further.

## 8. Can adults have orthodontic treatment?

Yes. For whatever reason, treatment during teenage years may not have been possible. Teeth can still be moved while an adult. Adult patients are very motivated. Sometimes adults may choose not to have “full treatment”, but rather just a “tidy up” of anterior teeth. Dr. Cook will try to give you some options if possible.

## 9. What types of braces are available?

Many different types of braces are available in orthodontics today. Braces can be clear, coloured, silver or even gold. The choice is yours. Have some fun each month in choosing colours. You can even support your favourite sporting team by wearing their team colours on your teeth.

Invisalign is also available. It is a means of moving teeth using a series of clear plastic, removable aligners.

## 10. How often do I need to brush?

Ideally you need to brush after eating. Special brushes will be provided when the braces are placed. A travel / pocket toothbrush is handy to keep the teeth clean during the day while away from home. Dr. Cook recommends that you check the teeth and braces are clean by looking in a mirror, if possible. Various other aids to cleaning are available at the Active Orthodontics front desk.

## 11. Will my mouthguard fit over my braces?

Your existing mouthguard will not fit over the braces. As the teeth move, your mouthguard will not allow this movement. Active Orthodontics have special mouthguards which fit over the braces providing the necessary protection while still allowing teeth to move.

## 12. What is Invisalign?

Invisalign is a system of moving teeth using a series of removable plastic aligners. Each aligner is individually manufactured for your mouth. Each aligner is worn for a few weeks before progressing to the next aligner in the series. Invisalign is available through Active Orthodontics.

