



Metal Braces

Metal braces are the most commonly used orthodontic treatment method, and they have been around for about 200 years. Metal braces are made of stainless steel brackets and archwires that realign the teeth.

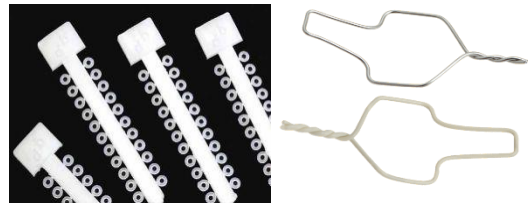
HOW DO METAL BRACES WORK?

When you get your braces on, your orthodontist will glue a metal bracket onto the center of each of your teeth. Then, they will install an arch-wire that goes through all of the brackets on each jaw. Each time your braces are adjusted, your orthodontist will change your wire out for a less flexible one. Stiffer archwires will gently pull your teeth into place. Over time, your teeth will gradually move into proper alignment.

Ligatures and modules?

In order to attach the wire to the brackets metal ligatures or elastic modules are used.

These may discolour with time. We would not normally replace them until the planned treatment interval.



HOW LONG DO I HAVE TO WEAR METAL BRACES FOR?

Every patient's orthodontic journey is a little different, depending on their own alignment needs and the pace that their teeth move at. Typically, most metal braces treatment plans last somewhere between 12-24 months. At the beginning of your treatment, your orthodontist will give you an estimated timeline. Once your braces are removed, your orthodontist will give you retainers to wear in order to ensure that your newly aligned smile will stay in place.

HOW OFTEN DO I NEED TO VISIT MY ORTHODONTIST DURING MY TREATMENT?

Typically, orthodontic patients with metal braces should plan to schedule a visit with their orthodontist every 4-6 weeks for adjustments. The frequency of your visits may change depending on the stage of treatment you are in and the pace that your teeth are moving.

WILL I FEEL ANY PAIN?

When you first get your braces on, you may experience some sensitivity. Patients often report discomfort in their teeth from the new pressure, or on the inside of their cheeks due to chafing caused by the new brackets. The same pressure may also be experienced after your adjustment appointments. We generally recommend that our patients stick to soft, easy to eat foods for a couple of days while their teeth adjust to their new braces. Most discomfort that patients experience is fairly mild. However, if necessary, patients are able to take pain relievers like what you would use for headache.

Bite

During the treatment, your bite will change every day. This will make certain teeth experience more pressure than others; this can cause pain, joint discomfort, headaches, and neck ache. Unfortunately, this is just something that has managed with painkillers.

As discussed at your consultation to aid with levelling and aligning of your teeth and allow for the correct positioning and settling of your bite, you may require your bite to be moved out of the way to prevent your bite from interfering with tooth movement progress and accidentally knocking brackets off. To do this we place small blocks on the teeth these are either added to the tooth surface for non-customised braces or built into the brace for customised braces. They will be placed either at the front behind the teeth or at the back on top of the teeth, placement will depend on your individual bite

The change in the bite might cause the teeth to come apart from each other – this is known as a change in the vertical dimension.

The only way to correct the vertical dimension in orthodontics is with elastics. These are small rubber bands that are placed from the top to the bottom. These elastics are worn for a certain period during treatment depending on the case. Slight visibility is inevitable! If needed **Daily elastic use for 22 hours is necessary** and compliance is particularly important to correct your bite or midline shifts and to achieve the best results possible for you.

WHAT DO I DO IF ONE OF MY BRACKETS BREAKS?

If you experience an orthodontic emergency, schedule an appointment with the orthodontist as soon as possible. When you call our practice please explain the situation. In some cases, minor equipment damage does not need to be treated immediately. The reception team at The Orthodontic Specialist is trained to determine the severity of the situation and book you in for appointment accordingly.

TAKING CARE OF YOUR APPLIANCES

Damaged appliances can increase the length of your treatment. Your teeth and jaw can only move into their correct positions if you consistently wear the rubber bands, retainer, or other appliances prescribed by your orthodontist.