

Harshila Dental & Orthodontic Center

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THE ORTHODONTIC TREATMENT – GENERAL INFORMATION

1. Orthodontic treatment will correct the improper arrangement and occlusion of your teeth (malocclusion) which may require 15 months to 30 months based on the type/severity of the condition. All you need is patience. The treatment time will be increased also if the patient does not co-operate with all the instructions given by the treating doctor.
2. There are 2 types of appliances: removable (at patient's will) and fixed (removed by the orthodontist after completion of treatment).
3. The cost and efficiency of removable appliances are low compared to fixed type. Please note that the orthodontic treatment must be performed only by a doctor who is MDS in ORTHODONTICS. Beware of unqualified / untrained practitioners as they can worsen the existing malocclusion / dental imperfectness / defect.
4. Both removable & fixed appliances need extreme care to maintain it. Please refer PATIENT'S ROLE below for guidelines.
5. Patients who are prescribed removable appliances like plates / headgears / functional appliances must wear them sincerely. Treatment success with removable appliances is based only on one factor: your co-operation.

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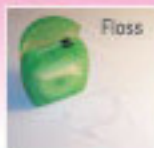
Indian Orthodontic Society for patient education. For more information visit www.iosweb.net.
Reg. Office : Indian Orthodontic Society, Babuji Dental College Building, Davangere - 577 004.



6. Certain parts of fixed appliances like elastics (which look like rubber bands) are removable. They must be worn and replaced according to the instructions given. Wearing elastics is much like rolling a ball up a hill. It takes a gentle constant effort to accomplish both jobs; but if you let up, leave your rubber bands off for the least bit of time (30 minutes), you will lose ALL the movement you have gained in the past 24 hours, the ball is back at the bottom of the hill.
7. Orthodontic treatment may/may not require extractions (removal of sound teeth for therapeutic purpose) based on the severity of malocclusion. Sometimes extractions if not deemed necessary at the initial examination, may be needed later and carried out with due consent.
8. On completion of the treatment, aesthetic judgement of the treating doctor will be considered final and unquestionable.
9. Following appliance removal your teeth and bone have to be stabilized for which you will be given "retainers". These are simple inconspicuous appliances which may either be fixed/removable type. The cooperation and sincerity you rendered during the course of treatment must be continued during this retention phase too for the ultimate success of therapy. The retention phase may range from 6 months to one year. Certain type of retainers may cost more (e.g. Invisible retainers, bonded retainers, etc.)
10. In certain pre-treatment situations special retainers may be needed.
11. Kindly be prompt in paying the doctor's fee to avoid embarrassments.
12. In case you have any problem with the appliance, contact your doctor immediately.

PATIENT'S ROLE

Remember, orthodontic treatment success depends 50% on the doctor and 50% on the patient. So patient's co-operation is a must. There are 3 major roles which is mandatory for successful treatment outcome – maintaining appointments, oral health and appliances.



1. Maintain the appointments

If appointments are not maintained properly, both treatment cost and duration will become more in addition to poor treatment outcome. Patient should report at the clinic at least 15 minutes, before appt. time. Please leave the correct postal address and contact number with the doctor. It will help to inform in advance, if the appointments are to be rescheduled. In case any change in address/numbers kindly notify promptly.



2. Maintain oral health.

The design of the fixed appliances is such that it can invite food accumulation easily. If ignored, it can simply damage the health of the teeth, gums and underlying bone. To avoid these all you need to do is brush – meticulously and perfectly. It cleans your appliances as well. Here are few tips for effective brushing:



- Dispense the paste only to a peanut size. Do not take to the full length of the brush head which can cause excess foam and gag. It's not economical too.
- Brush in front of a well illuminated mirror.
- Brush at least twice daily: morning and at night just before bed.
- Brush with up and down / circulatory strokes (never side to side). This preserves the attachment of gums.
- Keep your face loose and relaxed while brushing the outer surfaces of the back teeth. Too much stretching of facial muscles will prevent the access of the brush head to those areas.



- Massage the gums after brushing using your fingers with gum paint or as advised.
- Use floss (waxed/medicated thread) to clean teeth along their contact surfaces. Learn the correct method of flossing either from your orthodontist / follow manufacturer's instructions. You may floss whenever needed. Do not use a tooth pick or any sharp pins to clean the contacts.
- Gargle using mouthwash as prescribed. Gargling circulates the liquid all over the mouth and throat and helps remove food debris and mucus deeper down from tonsils and throat. Keep in mind, mouthwash cannot replace brushing. Mouth washing without brushing is useless.
- Hence first brush, then floss, massage gums and finally rinse with mouthwash. Do it like a ritual everyday & night regularly and feel the difference.
- Please bear in mind that whatever may be the design of your brush it is the method of brushing that is more important than the brush itself. This applies for powered brushes too.



3. Maintain your appliances

a Fixed appliances:

Apart from brushing, your diet has an important role in maintaining the braces.

The braces (tiny attachments fixed on teeth) though are firmly bonded it can still be weakened by heavy biting forces leading to dislodgement / breakage. An important tip to avoid bracket breakage is to watch the consistency of your food.





brushing or as instructed by the orthodontist.

Remove the appliance while brushing, brush the teeth, clean the appliance and wear it.

Remove the appliance while eating.

When appliance has to be removed, store it in the specially designed containers. Never keep the appliance in your pocket/bag.

Never allow the appliance to be dry.

Do not chew gum.

The appliance can be cleaned using toothpaste or mild detergent or with commercially available cleansing agents. (use only water with room temperature. Do not use warm or hot water). Do not use home bleaching agents.

If the appliance is broken, remove it store in water (room temperature) and report to the clinic immediately.

Keep up your regular appointments.

Do not play with your appliance.

UNFAVORABLE CONSEQUENCES

- Although orthodontic treatment has a very high degree of success, it still has some unfavorable consequences. Few of them are listed below:
 - Pain and discomfort of teeth and adjacent soft tissues may occur due to placement of brackets, bands and wires.
 - If the appliance hurts you very much relief waxes may be used which may be available with the orthodontist or medical shops.
 - When you get your braces on, you may feel general soreness in your mouth and teeth may be tender to biting pressures for 3 to 5 days. This can be relieved by rinsing your mouth with warm salt water.
 - At the end of the treatment, partial or complete loss of attained results (relapse) may occur in the following cases.



Say an absolute "NO" to these foods:

- Hard foods: toffees, candies, nuts
- Sticky foods: dry fruits, chocolates
- Chewy foods: Pizza (especially the crust), toasted bread, burgers etc.
- Crunchy foods: popcorn, ice, chips, chakli / muruku
- Raw Veggies: carrots, corn, on cob, raddish, cucumber, sweet potato, raw mango, coconut etc.
- Fruits: apples, pears, guava etc. (the veggies and fruits can be had in bite sized pieces).
- Grass: sugarcane etc.
- Other foods like rotis, parathas, meat and some nuts may be consumed in softer consistency.
- For example, if you are a peanut favorite go for the boiled ones. Chicken lover? Choose a soft cooked bite sized chicken piece rather than a fried kabab. It saves your braces. Also bear in mind not to starve. Your health is important for an effective treatment.
- Apart from the foods mentioned above, any other hard/chewy foods of your region must be avoided.
- Avoid foods with artificial colors and drinks like tea & beverages as they can stain any part of the appliance. The natural color of raw beetroot also can stain.

Other habits to be avoided:

Biting on fingernails, pencils, erasers, pens, keys, opening bottle caps etc. If you are in sports and games, a protective mouth guard may be given on request.

b) Removable appliances:

Wear the appliance throughout day and night except while eating and



If the retainers are not worn regularly for the prescribed duration.

If deleterious oral habits such as tongue thrusting, thumb sucking, lip biting etc. persists.

At the time of eruption of wisdom teeth. This usually occurs between 17-25 years. However timely removal of the wisdom teeth can prevent this.

- Tooth mobility and gum swelling may occur due to orthodontic treatment, if proper oral hygiene is not maintained during the treatment.
- Poor oral hygiene may also result in permanent stains or cavities.

However many of the above conditions may be prevented if the instructions are duly followed.

FREQUENTLY ASKED QUESTIONS

- Do the appliances / braces hurt?

Teeth may feel sore & eating may be difficult for a day or two. These problems gradually ease away as you get accustomed to the appliance / braces.

- How long should I undergo treatment?

It depends upon the severity of the problem. However most of the cases can be treated in about 18 to 24 months. It varies from patient to patient.

- What is the frequency of my visit to the dental clinic?

Usually it will be once in four or five weeks.

- If I miss one appointment?

In unavoidable circumstances, inform the doctor. Maintain cleanliness of appliance and do not break any part of the appliance (in case of breakage, inform the doctor) and usage of elastic should not be discontinued.

- Are there any diet restrictions?

There are no diet restrictions. All you have to do is to avoid hard foods, sticky food, chewing gum and candies during the entire treatment period as explained in this leaflet.

- By undergoing this treatment, will I develop cavities in my teeth?

You will not develop any new cavities if you follow your orthodontist's advice and use the fluoride mouth rinse regularly.

- Will it be difficult to brush the teeth?

At first it will be difficult and will take longer time to brush your teeth. Once you learn, you will find it easy to clean your teeth even with the appliance. Refer instructions on brushing in the leaflet.

- Is orthodontic treatment expensive?

Wearing braces can help you have well-aligned and healthy teeth for a longer time. The good looks will improve your personality.

Irregular teeth might necessitate other expensive dental treatment later on. Irregular teeth can also affect your psychology over your entire lifetime. Hence, orthodontic treatment is certainly worthwhile.

The cost of the treatment depends on the place, type and quality of the appliance, skill of the orthodontist and material used.

- How long will have to wear a retainer?

Retainers should be worn usually for a period of one year. The type and duration of retention depends on the severity of the case.

- Should I have to wear a headgear?

It depends upon the case.

- Will the appliance rust in my mouth?

Appliances will not rust in the mouth as they are made up of high quality stainless steel.

- What are the other materials used for fabricating the brackets?

Brackets are also fabricated using ceramics, nickel free stainless steel, gold plated metals etc.

- Is surgery required in my case?

Surgical treatment is undertaken only when there is severe skeletal or bone problems. Your orthodontist will guide you in this regard.



Pre & Post Treatment photographs - Pre adjusted appliance.



Pre & Post - Surgical correction



Pre & Post Treatment Photographs - Begg's appliance



High pull Head Gear



Reverse pull Head Gear



Combi pull Head Gear



Cervical pull Head Gear



Twin Block



Activator



Frankel



Lingual appliance



Bonded Retainer



Invisible Retainer



Begg Retainer