

For that perfect smile

WE ALL know the basics about braces for children – but what about corrections for adults? But do we really know all the benefits that braces can provide?

To help unravel any misconceptions about adult treatments, Dr Deborah Sykes from Surf Coast Orthodontics answers some commonly asked questions.

If you are thinking of having orthodontic treatment as an adult, you may have some questions you would like answered first.

Why might I need orthodontic treatment?

- To improve the appearance of the teeth and face. Perhaps your teeth have become more crowded with age or have started to drift following gum disease
- To move teeth prior to crown or bridgework
- To improve the health of the teeth and gums
- To improve function – that is, to make it easier to eat.

Is it always possible to have braces as an adult?

- Age is not necessarily a limiting factor. It more often depends on the type of bite you have, the

position of your teeth and the condition of both your teeth and gums. For instance, if you have gum disease, it is important this is treated before having braces.

What type of braces are there?

- There are different types of braces suitable for adults, such as:
- Clear brackets (ceramic) on the upper front teeth
- Clear templates may also be used in specific cases and are not very noticeable at all.

How long will treatment take?

- It usually takes 12-24 months but will vary according to how complex your case is.

Is it painful?

- Having the braces fitted is not painful. However, it is common to have slightly tender teeth for three-five days after the fitting and after each adjustment.

How often will I need an appointment?

- Once your braces have been fitted, you will need

regular appointments for them to be adjusted, about every four to eight weeks.

Will I still need to see my dentist regularly?

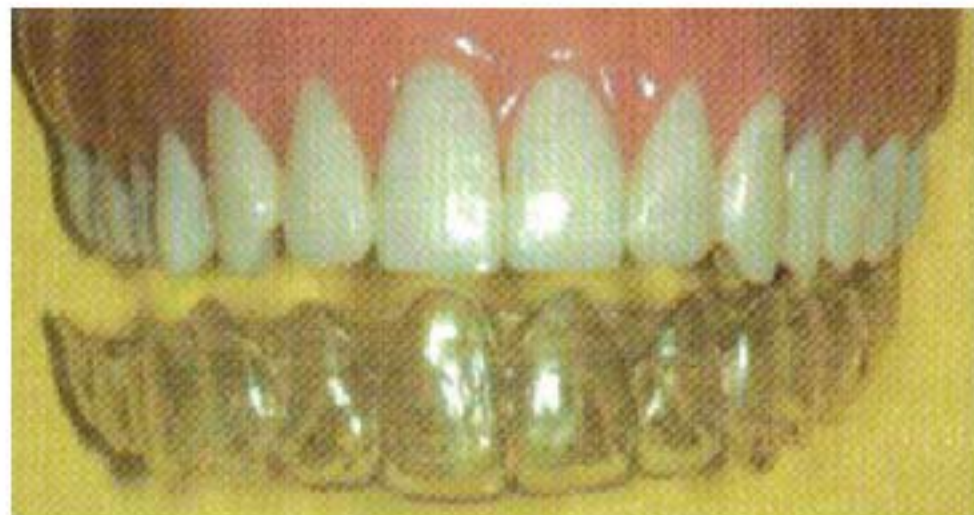
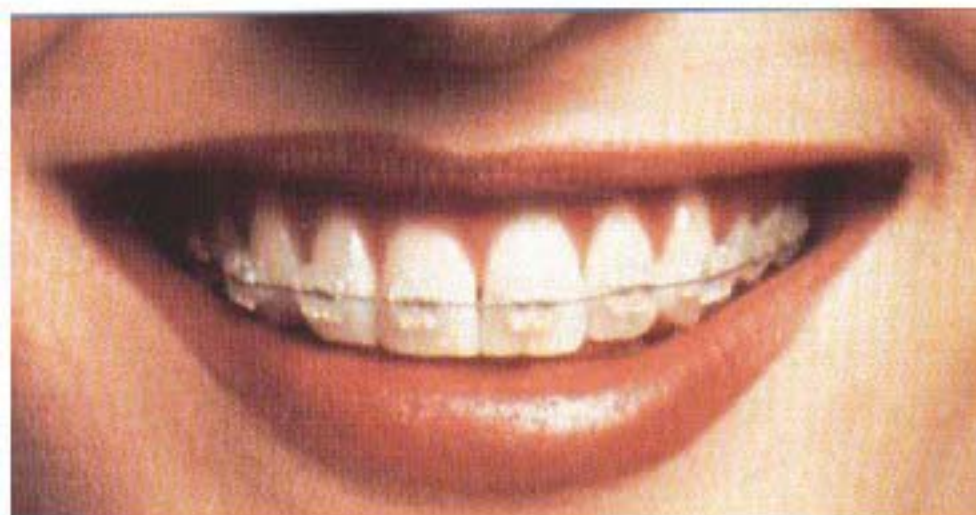
Yes. It will be important you still have six-monthly check-ups with your dentist regularly during orthodontic treatment. This is so that your teeth can be checked for decay and gums examined for signs of disease.

Will I need to wear retainers once my braces are finished?

Once the active phase of your treatment has been finished, it will be necessary to have a period of retention. The options available depend on your needs, but include;

- A retainer plate on the upper teeth
- A fixed wire behind your lower teeth
- Clear templates as seen below.

There are several options to be discussed depending on your needs, and Dr Deborah Sykes can advise you of this. Phone 5331 9489 for more information.



There are a range of braces, template and retainers that can be fitted for adult treatments.