

# Patient's Guide To Orthodontics\*



**SEAWAY**  
FAMILY DENTAL  
FAMILY, IMPLANT & SEDATION DENTISTRY

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\*This Guide is intended as an introductory overview only, and is not a substitute for your doctor's advice.

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# What is Orthodontics Treatment?

Teeth that are not straight can affect more than just how you look. Teeth that don't fit together correctly can affect your bite, cause early wear of your teeth and be more difficult to keep clean resulting in gum disease. Orthodontic treatment can help.

Orthodontic treatment uses gentle pressure on your teeth that will eventually move them into the correct position. This produces a smile that not only looks better but works better as well. This can in some cases produce a "face lift" effect and help your jaw muscles function properly as well.

Many dentists will refer you out to a specialist to have orthodontic work done but at Seaway Family Dental we do this in house. This means you are only coming to one place, and often able to coordinate visits for more than one family member. We can also accommodate your child's orthodontic treatment after school hours so they don't miss school.

## What Types Of Orthodontics Are Available?

We create and install a whole range of devices designed to correct and prevent dental irregularities and promote healthy smiles.

### **Advanced Metal Braces - Self-Ligating Brackets**



Metal Braces

Self Ligating Braces are braces with brackets that do not need ligatures (the small bands that hold the wire in place). You may also hear them referred to as "speed braces". Rather than using ligatures or metal ties, the brackets themselves have a sort of trap door that holds the arch wire in place. According to manufacturers this creates less friction between the wire and the bracket.

Self-ligating brackets have many benefits. A common claim made by the manufacturers of these types of brackets is that they require less frequent office visits. They are also said to be easier to clean and somewhat more comfortable, as there is less resistance between the brackets and the arch wire.

### **Ceramic Braces**



Ceramic Braces

Ceramic braces are much like the most common metal braces except the brackets that attach to the teeth are made of ceramic instead of metal. These can be colour matched to your teeth so they are not as noticeable as metal colored braces. Ceramic braces are very strong and some people feel they are less irritating than metal braces.

### **Lingual Braces**



Lingual Braces are similar to Metal Braces but are attached behind the teeth so they're not visible when you smile. Lingual braces are more expensive than traditional metal braces because they are less common increasing the cost of material. Invisalign is a new alternative to lingual braces if you don't want it to be obvious you are straightening your teeth.

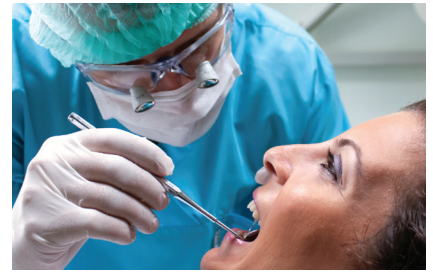
### **Invisalign – When You Don't Want People To Know You Are Straightening Your Teeth**



Invisalign

Invisalign is a very popular way to straighten teeth and offers a level of comfort and convenience not provided by regular braces.

Invisalign straightens teeth using a custom-made series of aligners created for you only, based on precise impressions of your teeth provided by your dentist. The aligner trays are made of smooth, comfortable and virtually invisible plastic material that you wear over your teeth. Depending on what teeth need to be moved, your dentist will provide you with a series of sets of aligners.



There are no metal brackets to attach and no wires to tighten. Another huge benefit of Invisalign trays is that they cause virtually no pain and discomfort. Metal brackets and wires have a tendency to poke at the gums and sides of the mouth, but with clear trays there is no poking, pulling, pain, or bleeding.

In addition, Invisalign users have the ability to remove their trays before they eat, enabling them to eat all the foods they normally would. The biggest issue people have with regular braces is the dietary restrictions and limitations that come with wearing metal wires and brackets. Dentists recommend, for example, that people with braces avoid sticky foods, chewy substances, dishes with finely sliced meats and vegetables, and sugary beverages. With clear trays, though, all of these foods are allowed, provided you remove the trays before you eat.

You will wear each set of aligners for approximately 2 weeks until your treatment is complete. Wearing the aligners will gradually and gently shift your teeth into place, based on the exact movements your dentist plans for you.

Each case obviously is different, therefore, your dentist will discuss with you your case on an individual basis and specifically if any adjustments need to be made. The best part of the whole process is that most people won't even know you're straightening your teeth.

## What Is Best For You, Braces Or Invisalign?

That is a question that we can only answer when we sit down and actually look over your teeth, your bite and the desired outcome. We offer consultations and we invite you to call our office at 613-932-7712.



# Schedule Your Appointment Today!



Call 613-932-7712 to book your appointment.



## Office Hours

Mon & Wed: 8am-6pm  
Tues, Thurs & Fri: 8am-5pm  
Sat: by appointment

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