

# WHAT TO CHECK BEFORE YOUR DEBANDING APPOINTMENT: (Dr Hugo will not be available when your braces are removed because he uses this time for admin)

## PATIENT PARTICIPATION

- Patients must know how to check their own bite in retruded contact – close on back teeth with the tongue tip far back on palate and head tip backwards
- The top teeth should usually be about 2mm in front of and 2mm vertically overlapping the bottom front teeth
- Patients need to monitor their bite, watch for changes & modify elastic wear accordingly
- Patients are encouraged to send cellphone photographs of problems if they are unsure or have any queries about their braces

## FIRST STAGE TREATMENT:

You and your parents are aware that:

- First stage treatment just makes space for the permanent teeth but
- We cannot straighten the permanent teeth until they come through later
- More braces will be recommended later when all the permanent teeth including the 2<sup>nd</sup> molars have come through (3<sup>rd</sup> molars – wisdom teeth very seldom fit in)
- Sometimes if we have made sufficient space to fit in the canines and both premolars for a fuller smile there may not be enough space for both the 2<sup>nd</sup> + 3<sup>rd</sup> molars
- We prefer a smile with both premolars and would not usually extract a premolar to make space for a 2<sup>nd</sup> molar because these are less important teeth aesthetically and functionally.

## FULL TREATMENT:

- You and your parents are happy with your teeth and want the braces to come off
- You know how to check your bite and you are aware that it is not correct to have 2 bites – one where your jaw joint is in the “home” position and another where your teeth fit best
- There are no spaces that aren't there intentionally for teeth to be built up etc
- You are aware that retainers have to be worn as outlined below
- **If there is something you aren't happy with, please cancel your debanding appointment and make a “Routine Checkup” appointment**

## DEBANDING ON REQUEST OF THE PATIENT AND PARENTS:

- You and your parents are aware that your teeth are not perfect
- You and /or your parents have signed the debanding on request form.
- You are aware that you will need to wear your retainer as below and more over the years than people whose teeth are perfect.

## PATIENTS REQUIRING SURGERY LATER:

You and your parents are aware that:

- Braces should be replaced at the end of growth usually 1-3 months before the jaw operation, braces remain on during the jaw operation & usually for 3 -6 months after the jaw operation
- Wisdom teeth can usually be removed at the same op.

## PATIENTS WHO'S BRACES ARE BEING REMOVED TO CONTINUE LATER WHEN THE MEDICAL AID OR FINANCES ARE FAVOURABLE:

You and your parents are aware that:

- It is a good idea to have retainers made so that we can preserve the progress made to date

- When we start again a new quote will be given based on the estimated duration of treatment remaining

## REMOVE BRACES & RETENTION

Retention is essential after all the different types of orthodontic treatment discussed above

### Retention appliances should be worn as follows:

- For the first week: Full time, except when eating, drinking and brushing
- For the second week: Afternoons & nights
- Thereafter for the first year: sleeping hours at night
- From the second year: every second night
- It is very important to keep checking the retainers and to wear them as necessary for the rest of your life, whenever they start feeling tight
- Should your retainer break it is very important to contact us to arrange for a new one to be made

## CLEANING OF RETAINERS

Wash retainers in cold water using soap or diluted Sunlight liquid Sterident can also be used but only with cold water

### CLEAR PLASTIC ESSIX TYPE RETAINERS VS FIXED BONDED WIRE RETAINERS:

We don't routinely use fixed retainers for the upper teeth, because the lower teeth usually bite onto the upper fixed retainers if there is a correct relationship of lower to upper incisors.

A lower fixed retainer is routinely fitted in cases treated to completion with fixed appliances, where there was significant lower crowding and if there is good oral hygiene.

We do not believe that fixed retainers are an acceptable long-term solution because the presence of the fixed retainer very significantly enhances the risk of decay and gum disease and it is an impediment to excellent brushing and flossing. Fixed retainers are certainly never fitted for any length of time in patients with inadequate oral hygiene. Clear plastic retainers are the best form of retention as they can be worn progressively less over time and always allow for excellent hygiene.

In addition many people grind or clench their teeth at night and the clear retainer protects the teeth from damage.

## MISSING TEETH:

If you have missing teeth, which need to be replaced by implants or bridges, you must visit your dentist within 3 months of the removal of your braces.

If the missing teeth are in the front of the mouth we can usually place a temporary false tooth in position, but this must be replaced and maintained by your dentist within 3 months.

Once your dentist has completed the bridge or implant, we will make a new retainer to fit the tooth correctly.

## BRUXING (GRINDING OR CLENCHING) & TMD:

After the first year of wearing the clear retainers patients who have TMD or who grind or clench the teeth should wear their retainers intermittently to reduce the frequency and intensity of the habit.

See [www.hugoorthodontics.com](http://www.hugoorthodontics.com)