

## ON COURSE FOR A NEW SMILE!

A dental check-up is recommended before you start your orthodontic treatment, especially if you have not had one in the last 6 months.

Now that you have decided to improve your smile, here is some helpful information for you.

Your appointment will last around 1 hour and will begin by taking records of your teeth.

This includes:

- Photos of you and your teeth
- Taking 3D scans of your teeth using a small video camera (not x-rays)

So that you are comfortable, we recommend removing any hairclips or loosening your ponytail. You will be given safety glasses and a protective bib to wear. Your teeth will be cleaned with a rubber cup (similar to an electric toothbrush) and a sandy paste.

Next, your braces will be glued on. To glue the braces on, we have to keep your teeth very dry. We use cheek retractors and cheek protectors. We will put a blue gel on your teeth. The gel comes in a syringe with a tip on the end for easy application. It looks like a needle but it is not. The blue gel is then washed off and the teeth are dried to prepare them for braces.

The glue is put on the cleaned area and each bracket is placed individually on your teeth. A blue light is used to set the glue quickly. Sometimes for comfort or bite reasons, not all the lower braces will be put on. The rest of the braces will be placed when the teeth have moved enough to provide space for the remaining braces.

Lastly, wires are put into the braces and secured with a plastic loop. These loops are the colours that you can choose at every adjustment appointment. You will then be given instructions on how to look after your teeth and braces.

You will not be able to chew for 2 hours afterwards, so please eat before you come to the appointment. For the first 2 hours after braces, any food and drink that does not require chewing is okay!

**REMEMBER**, there are **NO** needles and  
**NOTHING** hurts 😊