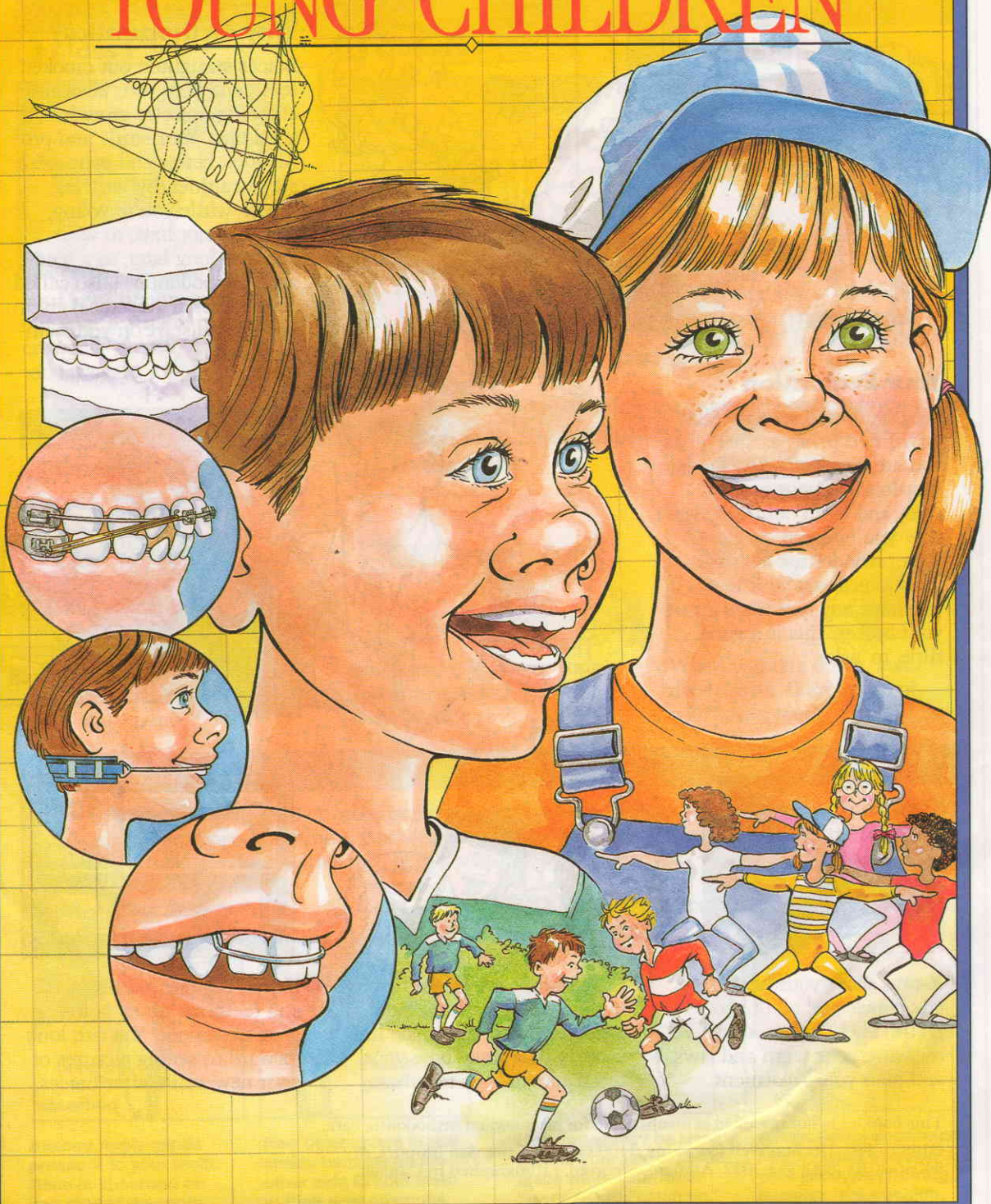
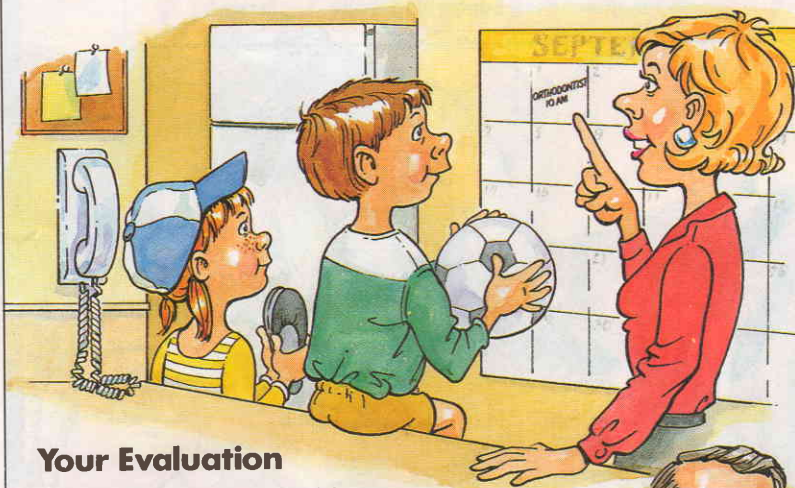


# ORTHODONTICS FOR YOUNG CHILDREN



## A HEAD START ON A WINNING SMILE

No one wants to have crooked teeth or a funny looking smile. So you're lucky if you'll be getting braces now. You're at just the right age for braces. When you're young, your teeth, jaws, and chewing muscles are still growing, so it's easier for your orthodontist to correct them. Your orthodontist will check off the boxes in this book that are special for you and answer any questions you may have. Your parents can help, too.

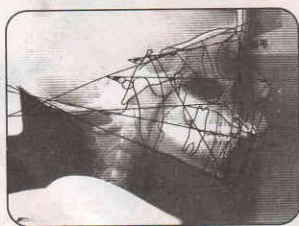
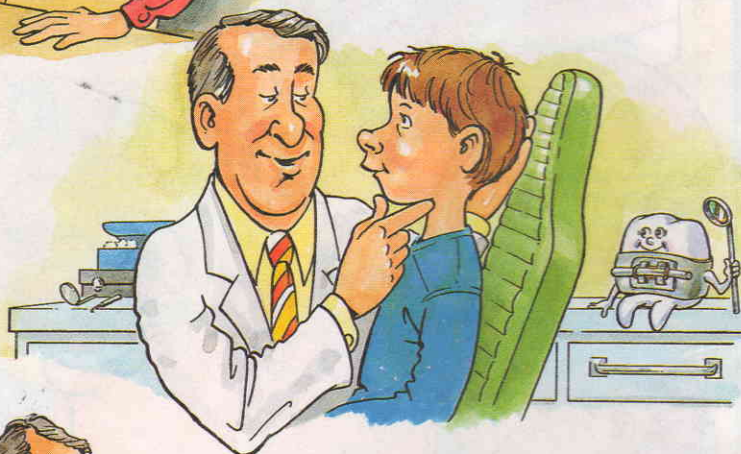


### Why Orthodontics?

Braces straighten out crooked teeth and help your jaws and chewing muscles grow into a good bite. Your smile and profile look better and your teeth stay healthier. By wearing braces while you're young, you may not have to wear them as long later, as a teenager. Orthodontics (also called dentofacial orthopedics) gives you a head start on your winning smile.

### Your Evaluation

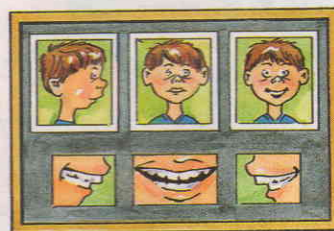
Your teeth and jaws are like your fingerprint, as special as you are. So your orthodontist first looks at your profile, jaws, and teeth, and watches how you bite and swallow. Your orthodontist also asks questions about your teeth. If you have any questions about your braces, this is a good time to ask.



**X-rays** show your head, face, jaw bones, and all of your teeth. These are used to measure your teeth and jaws and plan your treatment.



**Impressions** are taken by biting into material that later hardens. These are made into **models** that show how your teeth and jaws fit together.



**Photos** of your profile, face, and teeth are taken before your treatment. You can look forward to seeing pictures of your new smile after braces.

This booklet is not intended as a substitute for professional orthodontic care.

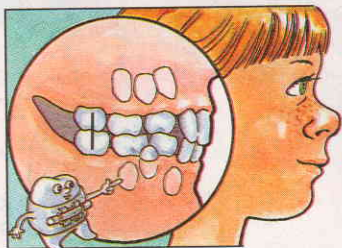
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# WHY DO I NEED BRACES?

After looking closely at your teeth and jaws, your orthodontist may say you have a **malocclusion**. That means your teeth and jaws don't meet correctly. There are three kinds of malocclusion, called Class I, Class II, and Class III. You may have other orthodontic problems, too. Your orthodontist can use this page to show you what your orthodontic problem is.

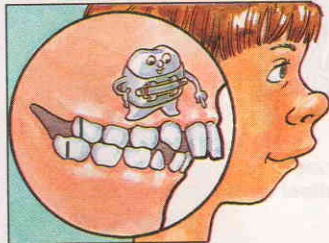
## TYPES OF MALOCLUSIONS

**Class I**



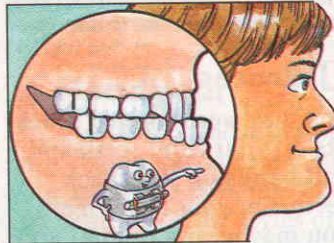
Your jaws line up correctly, but your teeth are crooked, crowded, turned, or spaced too far apart.

**Class II**



Your upper jaw is too far in front, or your lower jaw is too far back. It's also called an "overbite."

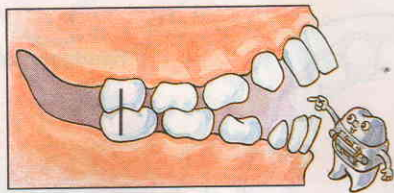
**Class III**



Your lower jaw is too far in front, or your upper jaw is too far back. It's also called an "underbite."

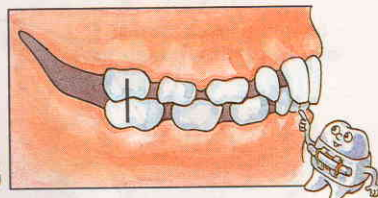
## OTHER ORTHODONTIC PROBLEMS

**Open Bite**



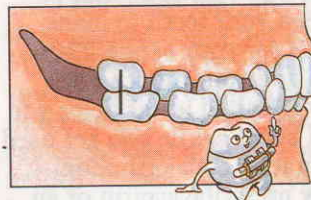
When you bite down with your back teeth, your front teeth stay open.

**Closed Bite**



When you bite down, your upper teeth cover your lower teeth.

**Cross Bite**

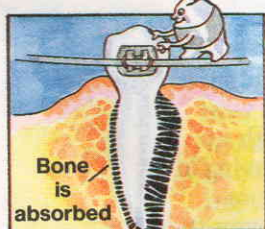


When you bite down, some upper teeth close inside of your lower teeth.

## BRACES AND OTHER APPLIANCES

To correct your malocclusion or other problem, your orthodontist fits you with one or more appliances. An **appliance** is anything you wear in your mouth, like braces or headgear, to move your teeth, jaws, and chewing muscles into better position. Here's how they work.

**Moving Teeth**

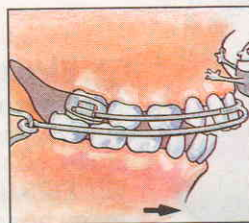


**Braces** apply gentle pressure to your teeth. Bone is absorbed on one side of the tooth.

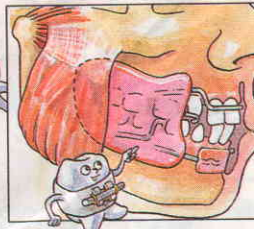


New bone grows in and slowly hardens on the other side to hold teeth in their new positions.

**Changing Jaws and Muscles**



**Headgear** may be used to hold your upper jaw in place while your lower jaw grows to "catch up."



**A functional appliance** may be used to guide your jaws and chewing muscles into position.



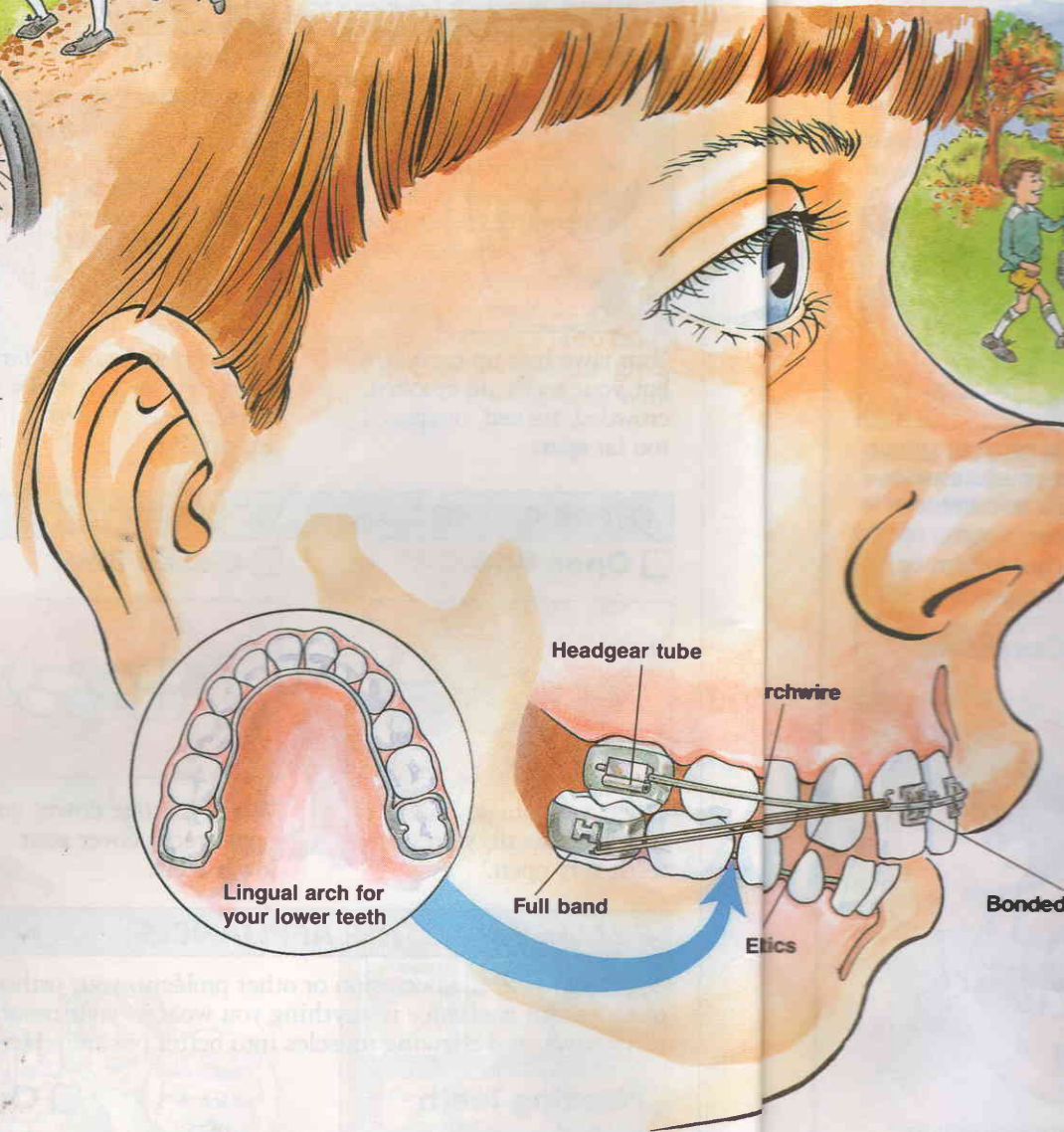
With your braces on, you can still do the things you like to do.

### Braces

You may wear **bonded brackets** on your front teeth and **full bands** on your back teeth. On your lower teeth, you may wear a **lingual arch**, made of two full bands and a single wire behind your teeth. Fitting your bands is like fitting shoes except, when the right size is found, it's cemented on! For a week or two before your braces go on, you may wear **spacers**, tiny pieces of plastic or wire between your teeth to make room for your bands. **TIPS.** Rinsing your mouth with warm, salted water helps you feel better while you get used to braces. Your orthodontist may prescribe aspirin or an aspirin substitute to relieve any minor soreness after your braces are adjusted, usually every two to six weeks.

## YOUR OWN SPECIAL TREATMENT PLAN

Since every child's teeth and jaw are different, your orthodontist will discuss with you and your parents about your own special treatment plan. Some braces are **fixed**: they stay on throughout your treatment. Others are **removable**: you have to put them on (and leave them on!) when you should wear your appliances depends on the kind of problem you have. Always follow your orthodontist's instructions and whether you need



Be sure to take elastics to school with you in case one breaks.

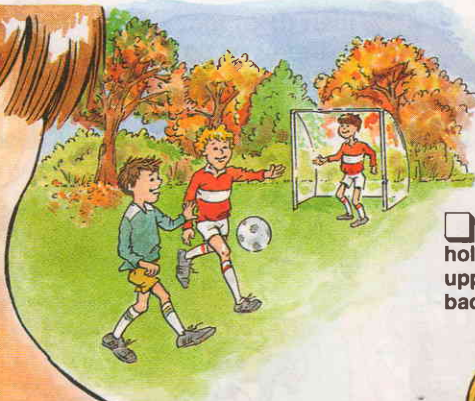
**Elastics** may be attached to your braces to help move your teeth. Forgetting to wear your elastics is like pedaling a bike with no chain: all that work and you're not moving at all! **TIPS.** Be sure to wear your elastics as many hours as your orthodontist tells you to, attached as you've been shown at the office. When you go on vacation, be sure to take along an extra supply.

# TREATMENT PLAN

are different, your orthodontist will talk with you about a special treatment plan. Some appliances are fixed for your treatment. Others are **removable**: it's up to you (and on!) when you should. How long you wear them depends on the kind of problem you have, how well you follow instructions, and whether you need other treatment as well.



Bonded bracket



**Neck-strap style** holds back growth in your upper jaw or moves teeth back in line.

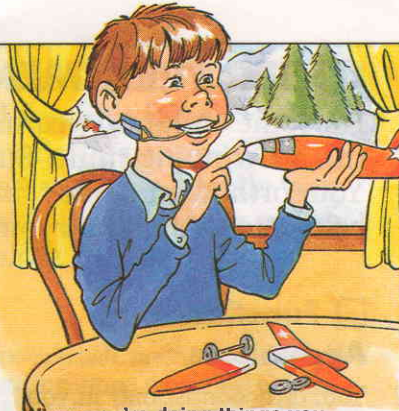


**J-hook style** moves your upper teeth back into position.



**Reverse-pull style** moves your upper jaw forward by pushing on your chin and forehead.

**A retainer** holds your teeth in their new positions while bone grows in to hold them steady. You may wear a **positioner** first, to move your teeth slightly and put the finishing touch on your new smile. **TIPS.** Be sure to wear your retainer as many hours as your orthodontist tells you to. Brush your retainer with toothpaste once a day. When you're eating, keep your retainer safely in its case.

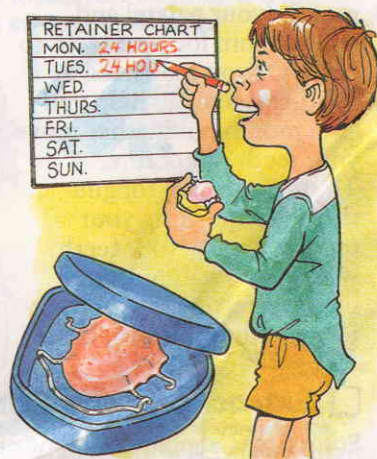


When you're doing things you enjoy, your "headgear time" will fly right by.

## Headgear

You may wear headgear along with your braces to help move your teeth and jaws into correct position. Most styles of headgear have a metal **face bow** that slides into **headgear tubes** on your back teeth. Each style is used for a different bite problem. **TIPS.** Be sure to wear your headgear as many hours as your orthodontist tells you. When you take off your headgear, always undo the straps first, and then slide your face bow out carefully. When you're wearing your headgear, don't play rough sports: the face bow can come loose and poke your mouth or eyes. To keep your headgear clean, brush the face bow with toothpaste and wipe the straps with a damp cloth each day.

RETAINER CHART	
MON.	24 HOURS
TUES.	24 HOURS
WED.	24 HOURS
THURS.	
FRI.	
SAT.	
SUN.	



Keeping a chart can help you remember to wear your retainer.

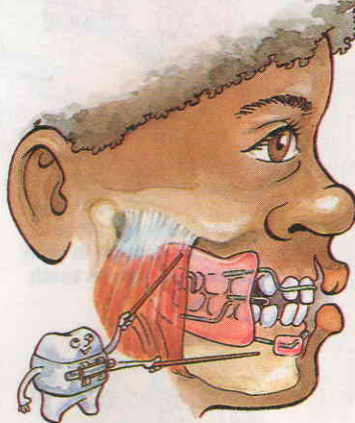
## OTHER TREATMENT

For some children, wearing braces, headgear, and a retainer is enough to give them a winning smile. But sometimes other orthodontic treatment is needed. Your orthodontist may fit you with an appliance, such as one of these shown below, to wear before your braces go on.

### Functional Appliances

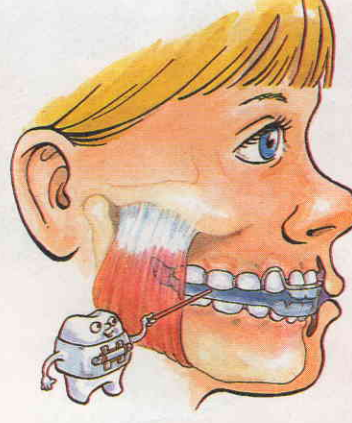
Your orthodontist may fit you with a functional appliance to help your jaws and chewing muscles grow into a good bite. Wearing a functional appliance may feel a little funny at first (like when you first learn to ride a bike). The most common are a **Frankel appliance** and a **Bionator**, which help you bite with your lower jaw in correct position. Your orthodontist can explain how your functional appliance works and how long you'll be wearing it. If you have any questions, feel free to ask.

### Frankel Appliance



A Frankel appliance helps you bite with your lower jaw in correct position. Plastic guards hold your cheek and lip muscles away from your teeth so they can grow.

### Bionator



A Bionator fits on your upper jaw and helps you bite with your lower jaw in correct position. It covers some of your teeth to hold them or guide them into position.

### Special Purpose Appliances

Just like the roof of your house has to fit, the roof of your mouth does, too! If it's too small and causes crowded teeth, your orthodontist can fit you with a **palatal expander**. This appliance gently widens the roof of your mouth (your **palate**) and makes room for your teeth to grow. Or you may need a **habit corrector** to help you stop mouth habits that move your teeth out of line. Thumb-sucking, tongue-thrusting (pushing your tongue against your teeth when you swallow), and mouth-breathing can be corrected before you wear braces.

### Palatal Expander



A palatal expander gently widens the roof of your mouth to make room for crowded teeth. It's worn for a short time and adjusted at home or by your orthodontist.

### Habit Corrector



This habit corrector is for tongue-thrusting. It teaches your tongue to press against the roof of your mouth when you swallow, instead of pushing on your front teeth.

### Extractions and Surgery

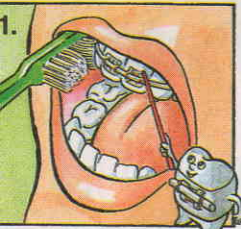
Sometimes appliances alone aren't enough. You may need some teeth removed (**extracted**) to allow others to grow in properly or make room for crowded teeth. For a severe problem that can't be treated any other way, your orthodontist may recommend surgery to correct your bite.

# KEEPING A HEALTHY SMILE

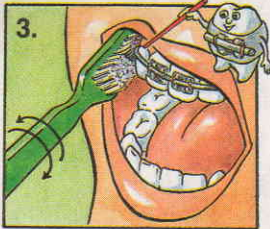
Braces create small ledges, nooks, and crannies for food deposits, which can lead to cavities and gum problems. This makes brushing and flossing even more important while you're wearing braces. When you brush and floss, handle your appliances carefully so you won't break or loosen them. Following these eating tips will also keep your appliances, and your smile, healthy.

## Brushing

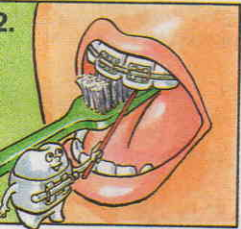
Be sure to brush your teeth right after every meal and before you go to bed. It's best to use fluoride toothpaste to help fight cavities. Your orthodontist may also prescribe a fluoride mouth rinse to help prevent cavities. Try to brush like this:



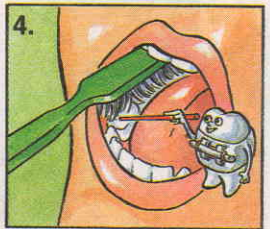
1. Start by brushing the outside of each tooth at least 10 times.



3. Then brush where your gums and teeth meet, using a rolling motion.



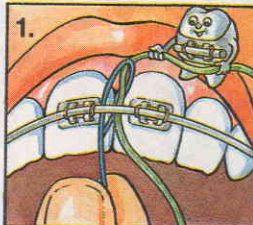
2. Brush the inside surface of each tooth at least 10 times, too.



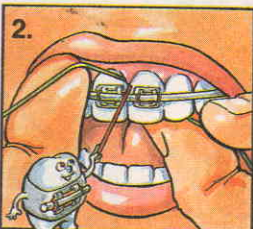
4. Brush the chewing surfaces of your teeth last, and rinse with water.

## Flossing

Because your toothbrush won't reach between your teeth, brushing alone won't keep your teeth clean and healthy. Flossing can help. A floss threader, available from your orthodontist or pharmacy, helps you floss with braces on. Floss once a day, like this:



1. Thread floss through the threader and slip it up behind your archwire.



2. Pull the floss between two teeth and up under your gum margins.



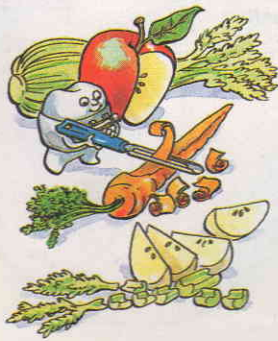
3. Rinse with lots of clean water, and watch your teeth and bands sparkle.

## Eating Tips

While you're wearing braces, you can eat almost all of your favorite foods. Just be careful with these four troublemakers: sticky food, hard food, crunchy food, and sweets.



**Avoid sticky foods** like gum, taffy, and caramels. Try smooth peanut butter, applesauce, or yogurt instead.



**Cut hard foods** like apples and carrots into bite-sized pieces so you don't break your appliances.



**Avoid crunchy foods** like corn chips, popcorn, or nuts. Try softer fruits or hot cereals instead.

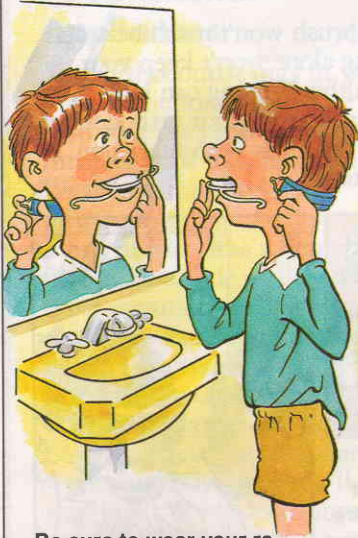


**If you eat sweets**, be sure to brush right away. Eating fewer sweets helps fight cavities.

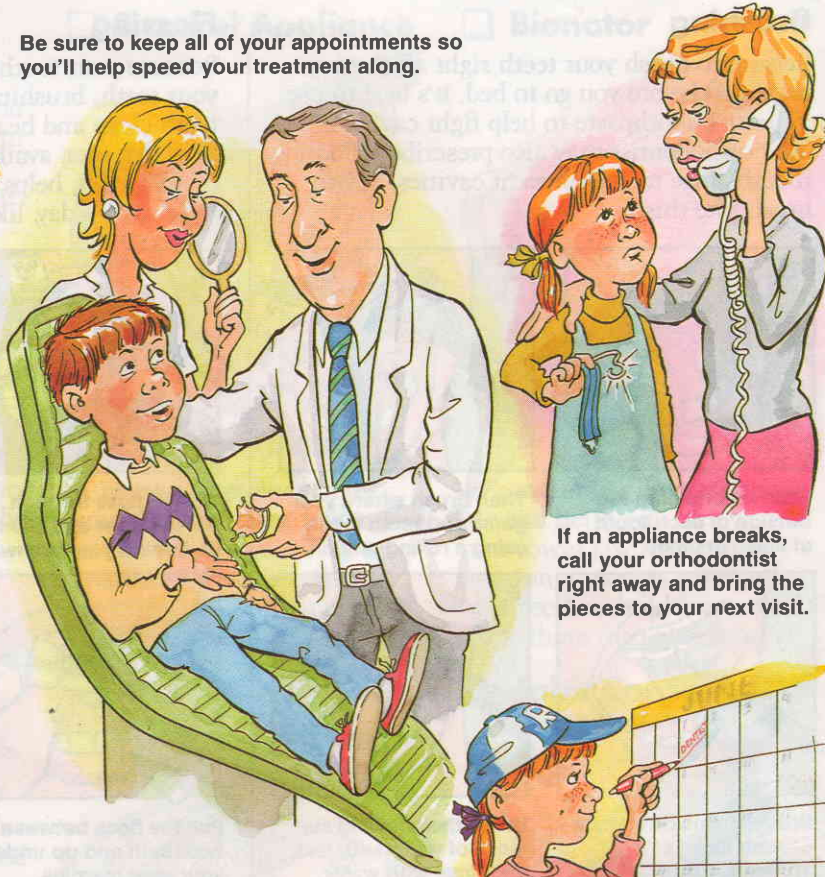
## TEAMWORK FOR A WINNING SMILE

Your orthodontist, office staff, dentist, and parents can all help you have a winning smile. You, too, are part of the team. You can help by taking good care of your appliances and by following your orthodontist's instructions carefully while you're wearing your braces.

Be sure to keep all of your appointments so you'll help speed your treatment along.



Be sure to wear your removable appliances as many hours as your orthodontist advises.



If an appliance breaks, call your orthodontist right away and bring the pieces to your next visit.

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Orthodontics

Have regular checkups with your dentist to keep your teeth and gums healthy.

